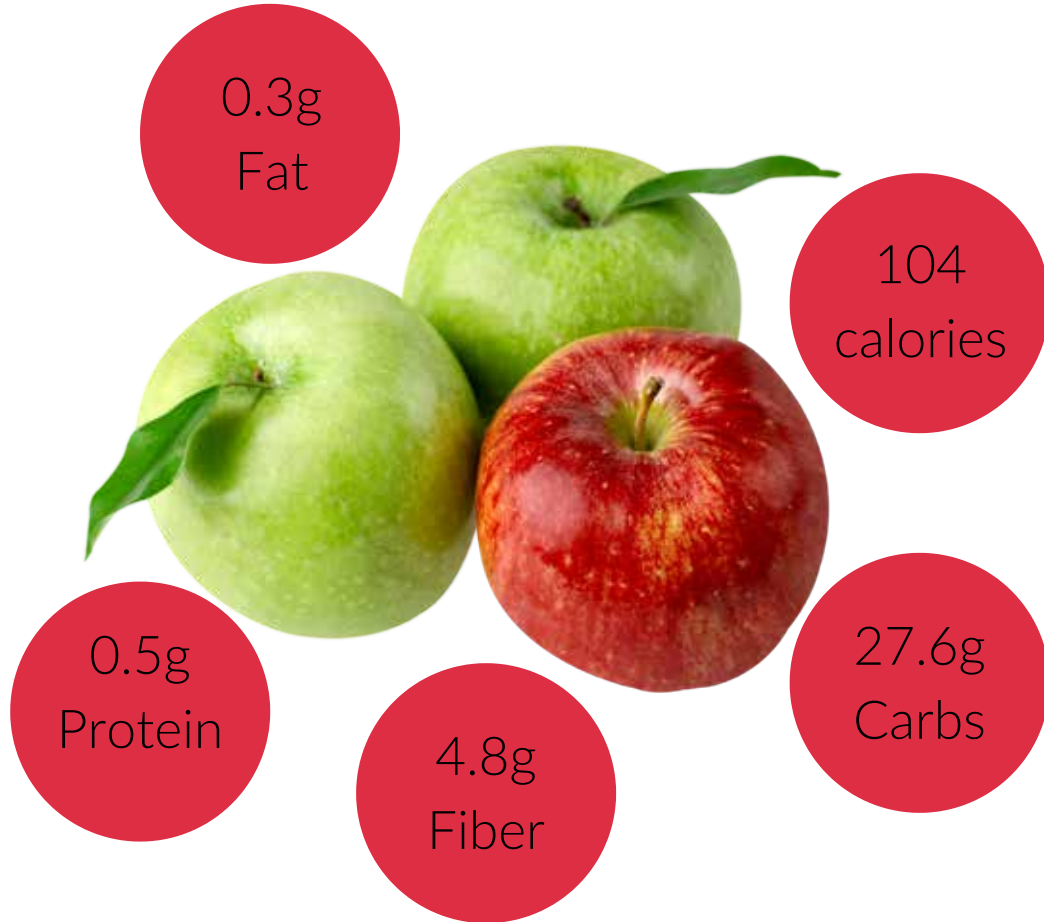


Apple Nutrition Facts



One medium-sized apple (200g) provides 104 calories, 27.6 grams of carbohydrates, 4.8 grams of fiber, 0.5 grams of protein, 0.3 grams of fat, and 20.8 grams of sugars. Apples are a good source of potassium and beta carotene.

- Calories: 104
- Fat: 0.3g
- Carbohydrate: 27.6g
- Fiber: 4.8g
- Sugars: 20.8g
- Protein: 0.5g

Apple Health Benefits



Promotes Heart Health

Apples are low in sodium and high in potassium, which helps prevent dangerous elevations in blood pressure. Apples are a good source of fiber, which is known to lower cholesterol levels. Apples also contain numerous anti-inflammatory compounds that reduce the overall risk of heart disease.



May Support Weight Loss

Apples contain soluble fiber, which can have a filling effect and reduce cravings. The high water content in apples helps satisfy your appetite while boosting vitamin intake and without overdoing it on calories.



Regulates Blood Sugar

The fiber in apples helps to slow down digestion, which prevents a rapid rise in blood sugar levels after eating. Eating whole apples with the skin provides the most fiber.



May Reduce Asthma Symptoms

Apples contain the antioxidant quercetin, which suppresses inflammation and reduces the severity of food allergies and respiratory issues.