



SAISD CNS Powerful Produce of the Week



APPLES

FUN FACTS!

Don't peel your apple!

Most of an apple's health benefits are found in the peel.

There are over 7,500 varieties of apples, each with a unique flavor!

POWER UP!

Apples provide quercetin, a powerful antioxidant. **Quercetin** may protect your body from cancer by destroying harmful cells. It may also help treat asthma by decreasing inflammation.

TRY THEM ALL!



Nutrition Education presented by your District Dietitian, Alyssa K Garza, RDN

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