

FRESH APPLES!



More than half of all apples grown in the United States for fresh eating come from orchards in Washington State.



One apple has five grams of fiber, supplying 20 percent of the daily fiber recommendation.

AN APPLE A DAY QUIZ

How many pounds of fresh apples does the average American eat per year?

- A. 20
- B. 4
- C. 32
- D. Almost 100

46 pounds consumed annually by residents of European countries.

What country is the largest producer of apples?

- A. China
- B. Australia
- C. France
- E. New York

USA is second largest producer

The apple blossom is the state flower of what state?

- A. Michigan
- B. California
- C. Maryland
- D. France

Nutrition Facts

Serving Size 1 medium apple (154g/5.5 oz.)

Amount per Serving	Calories from Fat 0	% Daily Value*
Calories 80		
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Potassium 170mg		0%
Total Carbohydrate 22g		7%
Dietary Fiber 5g		20%
Sugars 16g		
Protein 0g		

Vitamin A 2% Vitamin C 8%
Calcium 0% Iron 2%

*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
Fat 9 Carbohydrates 4 Protein 4

Source: U.S. Food and Drug Administration (FDA), August 1996

WOW!

There are more than **7,000 varieties** of apples. World production of apples is more than **40 million tons**.

Eight varieties account for 80% of U.S. production.

Golden Delicious
Red Delicious
Granny Smith,
Rome Beauty



York
Stayman.
McIntosh
Jonathan