



green apples

- Apples contain many vitamins and minerals, but not in high amounts. However, apples are usually a good source of vitamin C.
- **Vitamin C:** Also called ascorbic acid.
- Apples are healthy, tasty and among the most popular fruits in the world.
- They are the fruit of the apple tree (*Malus domestica*), originally from Central Asia, and are grown all over the world.
- Apples are mainly made up of carbs and water. They also contain fiber.
- A single medium-sized apple contains about 4 grams of fiber, about one fourth of what you need all day.
- Eating apples regularly may improve heart health, and cut the risk of cancer and diabetes. They may also be useful as part of a weight loss diet.
- If you want to eat healthy, then apples are great!