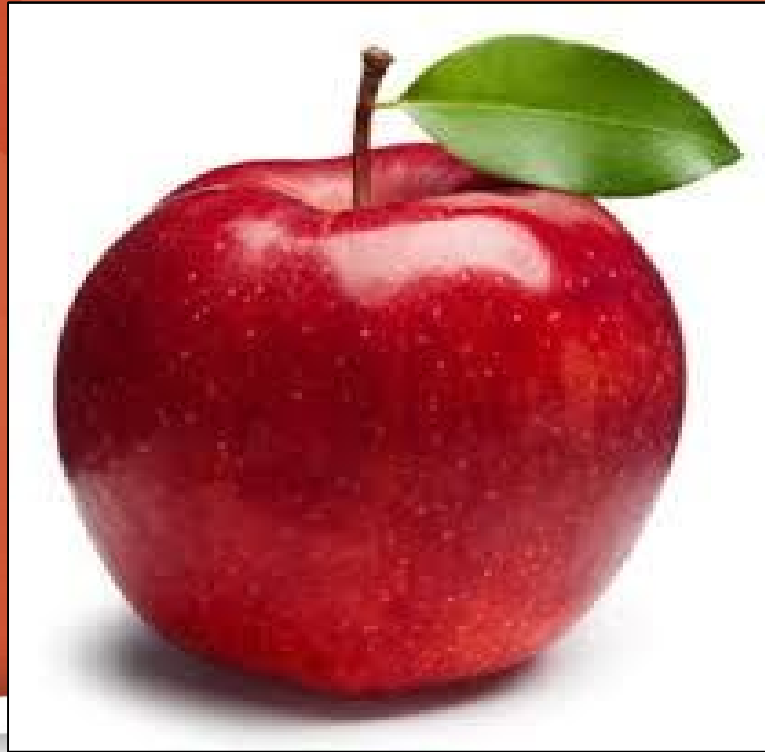


Apple



Rujuta Shah

Dietician

Kaizen Hospital

Introduction

- **Scientific Name** - *Malus domestica*
Family - Rosaceae
- Available in a variety of colours namely red, yellow, and green.

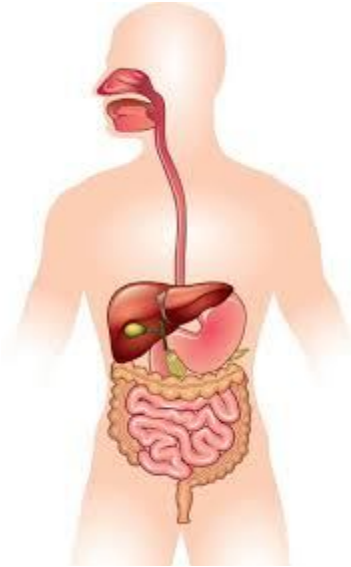
Nutritive Value

Moisure g.	Protein g.	Fat g.	Minerals g.	Crude fibre g	Carbo- Hydrates	Energy Kcal	Calcium	Phos- phorus	Iron Mg.
84.6	0.2	0.5	0.3	1.0	13.4	59	10	14	0.66

- Apples are free of fat, sodium and cholesterol.

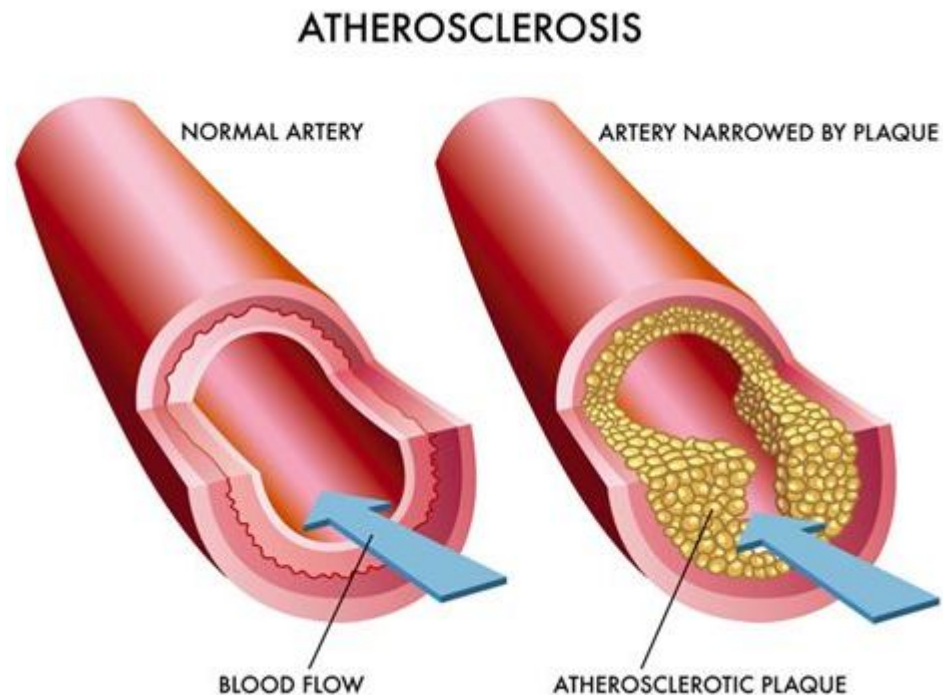
Health Benefits

- Highly fibrous so it improves digestion.
- Prevents constipation, diarrhoea and irritable bowel syndrome (IBS).



Health Benefits

- It removes excess cholesterol and reduces the chances of atherosclerosis.



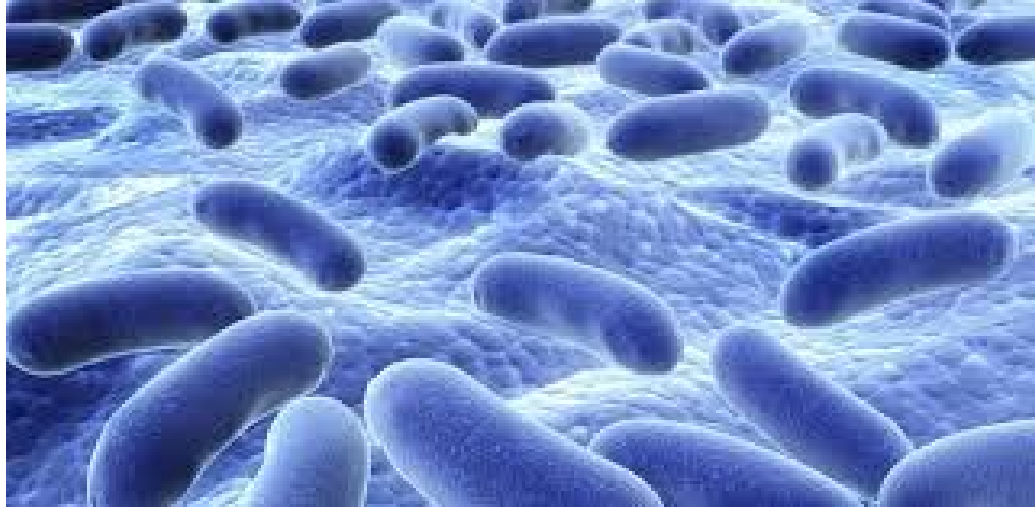
Health Benefits

- The water and fiber in apples make us feel and increase satiety, thereby reducing appetite and overeating and thus helps in losing weight.



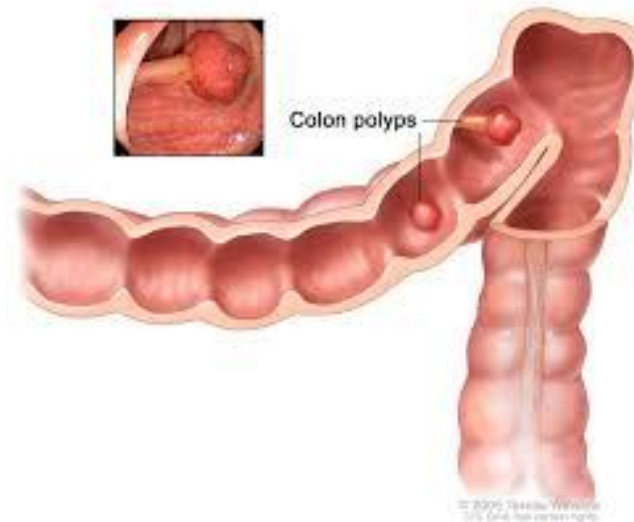
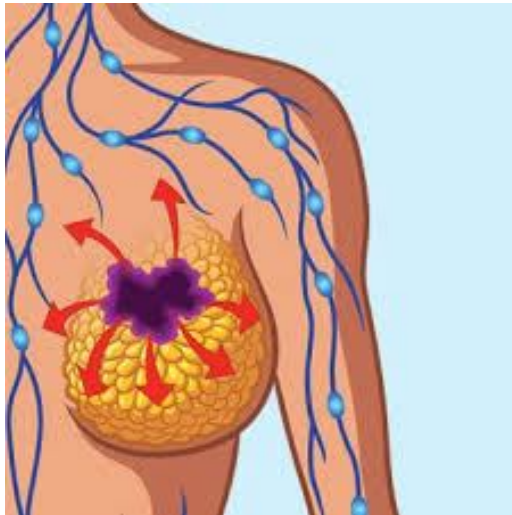
Health Benefits

- Apples contain pectin which is a type of fiber that acts like a pro-biotic, which helps in improving the functioning of the bacteria living in our large intestine.



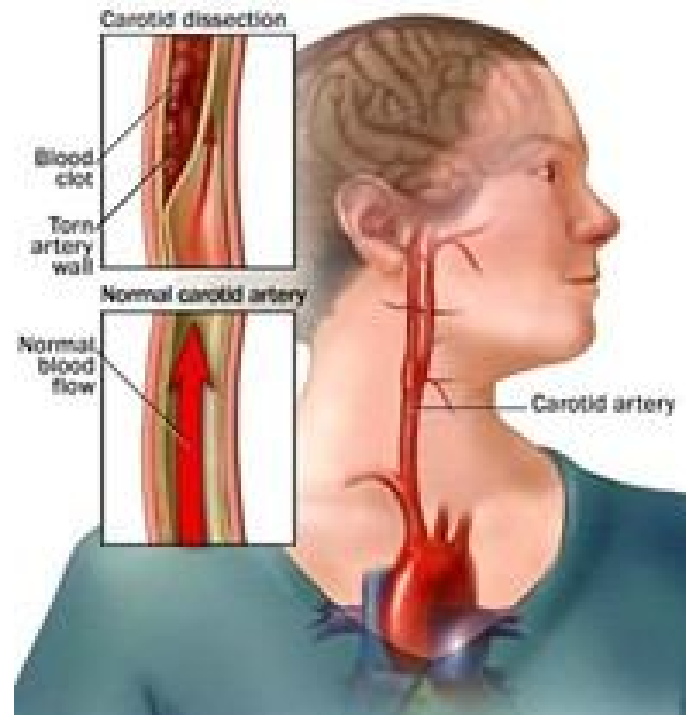
Health Benefits

- Helps in treatment of breast and colon cancer.



Health Benefits

- Regular apple intake reduces the risk of thrombotic strokes.



Health Benefits

- Apples are rich source of iron and hence helps in treating anemia.
- Rich in vitamin C, antioxidant compounds and protein which helps in preventing weakness, boosting immunity, and improving muscle tone.



Health Benefits

- Daily intake of apple helps in weight gain.
- Helps in detoxification of the body.
- Rich in Vitamin A and hence it improves vision.
- Prevent Alzheimer's
- It helps in improving concentration, problem-solving, and memory.
- It helps in increasing the immunity against infections and diseases.

Health Benefits

- Helps in treating Asthma
- Prevent Heart Diseases
- Prevent Gallstones
- Eating apple helps in cleaning both, the teeth and gums.

Side Effects

- **Poisoning**

Excess intake of apple seeds can be fatal as it contain cyanide which is poisonous.

- **Pregnancy and breastfeeding**

Apple tea should not be consumed by expecting and lactating as it may harm the growing fetus and the infant.

- **Allergy**

Apple may cause allergic reactions in some people.

Recipes

1. Apple Milkshake
2. Apple cheesecake
3. Apple tea
4. Apple smoothie
5. Apple ice cream
6. Roast chicken with apple stuff
7. Apple nachos
8. Apple cider
9. Apple pie

Recipes



Apple pie



Apple nachos



Apple Ice cream

**“AN APPLE A DAY KEEPS A
DOCTOR AWAY.”**

Thank You

SEARCH

VIDEOS

GI Surgical Videos

< READ MORE >

www.gisurgery.info



Videos

Watch educational edited HD videos with



Presentations

learn about diseases through in-depth



Articles

Update on the latest research articles &



Books

Learn about published books in surgical



Photos

See number of surgical, clinical, endoscopic,



Interesting Cases