



APPLE-A-DAY

Fresh & Healthy

With autumn in the air, it's a great time to renew our focus on eating healthy. Luckily, the crisp, sweet, juicy taste of fresh picked apples makes fall a great time of year to make an apple-a-day part of your healthy lifestyle.

Apple Power

Apples are a good source of fiber, vitamin C and other antioxidants. They're low in calories, fat and sodium.

The nutrients from apples and other fruits and vegetables have been proven to make a difference in your health:

- Fiber can help reduce cholesterol levels and lower risk of heart disease
- Vitamin C can help strengthen your immune system
- Some studies suggest people who eat a diet rich in flavonoids (a type of antioxidant found in apples and other fruits and vegetables) may have a lower risk of heart disease.

One-A-Day

While a single apple may not change your life, an apple-a-day in place of a less healthy snack is a positive step to a lifestyle filled with fresh, healthy and delicious foods. Once a day adds up. Check out the nutritional advantage of replacing these snacks with an apple, just once a day for a month:

THE APPLE-A-DAY ADVANTAGE	One-a-day for a month instead of		
	Gets You:	BBQ Chips	Salted Pretzels
Fewer Calories	1,290	420	300
Less Sat. Fat	33g	2g	96g
Less Sodium	4,490mg	10,500mg	2,430mg
More Fiber	99g	102g	99g

So Many Ways

Mix it up and try a new variety you haven't tried before. Have fun and add apples to recipes in everything from oatmeal to salads to smoothies and sandwiches. There are so many ways to enjoy an apple-a-day this fall.

Pick Your Favorite

Red Delicious The name is right – it's deep red and tasty! This heart-shaped apple is mildly sweet, crunchy, and best eaten by hand or in cool, crisp salads.

Granny Smith Bright green with a pink blush, Granny Smiths are crisp, juicy and deliciously tart. This apple variety is excellent for snacking and a favorite of pie bakers.

Fuji The Fuji is a super sweet, very crunchy, full-flavor variety. This apple is typically striped with yellow and red. The Fuji is great in baked desserts or sliced as a snack.

Gala Crisp, sweet, with a tender skin, Gala apples feature pink and orange stripes. While the Gala is ideal for snacking, this variety also goes great in salads and makes an excellent sauce.

Pink Lady Sometimes referred to as a Cripps Pink, the Pink Lady variety is famous for its bright pink skin and its unique sweet-tart flavor. This variety is versatile and is an excellent option for salads, pies and sauces.

Braeburn Bright red with a hint of green and gold, Braeburns are crisp and tart with a hint of sweet spice. This bold apple variety is an excellent addition to salads and makes a great anytime snack.

Some people say that every apple has its own personality. Taste each of these varieties to find out what kind of apple you are at heart!



Aramark is proud to be working with the American Heart Association in support of a shared goal of improving the health of Americans 20% by 2020. To learn more, visit www.aramark.com/healthyforlife.





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HEALTHY Lifestyles

Thousand-and-one Apple Ideas

There are so many ways to make an apple-a-day part of your fall. Check out these apple ideas and recipes for the season and all year long.

Go Apple Picking

Visit a nearby 'pick-it-yourself' orchard this fall. Because different apple varieties ripen at slightly different times over the course of the season, this is an activity you can enjoy over and over again. Pick-it-yourself orchards can be as large as 200 acres so be prepared to walk!



Shop Farmers Markets

Visiting farmers markets and roadside produce stands is a great way to find fresh and local apple varieties this fall. For a fun activity all season long, stake out your favorite farmers market and visit often to take advantage of all of their seasonal varieties.

Apples On the Go

A simple way to get your daily apple is to make a habit of carrying one with you. Buy plenty of apples during your next grocery trip or grab one every day at lunch so you'll be prepared for the afternoon. Sliced apples are another easy way to enjoy an apple on the go. Packing them in a sandwich bag and pairing with a healthy dip like a nut butter or yogurt makes for a great snack on a road trip.



Apples N' Oats

For an apple-packed, no cook twist on Quaker[®] Oats - try soaking them overnight! Create endless Overnight Oats masterpieces of your own and don't forget to add in apples and other fresh fruit to create a great, healthy combination!

Tasty Tip: Overnight oats require no cooking! Just use a 1:1 ratio of Quaker[®] Oats and your choice of milk or yogurt and refrigerate overnight.



For more overnight oats recipes visit www.quakerovernighttoats.com

Quaker[®] Overnight Apples N' Oats

Makes 4 servings

- 1/2 pound fresh apples, diced
- 1/2 cup apple juice
- 2 ounces dried cranberries, diced
- 1 1/2 tablespoons brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 cup uncooked Quaker[®] Old Fashioned Oats
- 2 cups plain nonfat Greek yogurt

In a bowl, combine apples, juice, cranberries, brown sugar and cinnamon. Mix Well. Fold in Quaker[®] Oats and yogurt. Mix well until combined. Cover and refrigerate overnight. Serve chilled.

NUTRITIONAL INFORMATION *per serving*

Calories: 270	Protein: 14g	Cholesterol: 5mg
Sodium: 55mg	Carbohydrates: 52g	Saturated Fat: 0g
Fiber: 5g	Total Fat: 2g	

Apple Walnut Salad

Makes 6 servings

Salad

- 2 1/4 cup cored, diced red skinned apples
- 1/2 cup seedless grapes (cut in half)
- 1/2 cup diced fresh celery
- 1/4 cup chopped walnuts
- 1 1/2 teaspoon minced fresh parsley
- 3/4 teaspoon lemon juice
- 1 pinch ground black pepper

Yogurt Dressing

- 1/4 cup plain nonfat yogurt
- 1 tablespoon honey
- 1/8 teaspoon lemon juice
- 1 pinch ground cinnamon

Combine yogurt dressing ingredients. Whisk until well blended. Cover and keep chilled. Combine salad ingredients and dressing. Toss to mix.

NUTRITIONAL INFORMATION *per serving*

Calories: 90	Protein: 2g	Cholesterol: 0mg
Sodium: 15mg	Carbohydrates: 14g	Saturated Fat: 0g
Fiber: 2g	Total Fat: 3g	



Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

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