

Food Smart: Apples

Apples are a great food. Lets look at an apple with and without the skin. My dad always said most of the vitamins of a fruit are in the skin, if it's edible. Smart guy. For just 12 more calories, you get TWICE as much fiber if you eat the apple with the skin. You also get more of the good fats. (I'll talk more about the good fats next time.) You also get 2% more vitamin K and one more per cent of potassium.

Vitamin K is important for many things in the body, but the most important is for blood clotting. You know, when you get a cut and the bleeding stops because the blood gets thick. Well, it needs vitamin K for that, or your cut would just bleed and bleed.

Ok, what about potassium? It is a mineral needed in small amounts for all living cells to function. Wow! Some examples are the movement of potassium as a key part of nerve communication, getting a message (impulse) from the brain down to your arm, for example. Also, potassium is needed for the heart to work properly.

Did you know your blood and muscles contain water? 75% of a new born baby's body is water. This decreases with age, so an adult's body is about 60% water. Well, potassium helps make sure the amount of water in your body is perfect for you. That's good because the amount of water in the body affects many things, including blood pressure.

So, enjoy your apples and remember: An Apple A Day Keeps The Doctor Away!!

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