



# Nutrition News - October 2022

## How 'Bout Them Apples?

October is celebrated as National Apple Month - and apples have been a key crop in Dutchess County for centuries, both for food and drink. The crop was probably introduced to the Hudson Valley by Dutch settlers, and by the early 20th century over 1,000 varieties of apples were being grown in New York. Apple orchards are some of Dutchess County's longest-standing small businesses, with families often living on the farms they've operated for generations.

"An apple a day keeps the doctor away" is an old Welsh proverb that most of us are familiar with, but just how and why are apples healthy for you?

Apples are continuously being praised as a "miracle food". The phytonutrients and antioxidants in apples may help reduce the risk of developing Alzheimer's, obesity, cancer, hypertension, asthma, allergies, diabetes and heart diseases.

Quercetin, one of the antioxidants found abundantly in apples, reduces inflammation and helps in reducing Alzheimer's. Researchers from the State University of Rio de Janeiro found that overweight women who eat three apples a day lost more weight than women who did not have apples in their diet.

Apples are also the best sources of soluble fiber (pectin). They help fill you up and help good bacteria to thrive in your colon.

Older women who ate apples everyday had 23% less bad cholesterol (LDL) and 4% higher good cholesterol (HDL) just after 6 months, according to a 2011 Florida State University study.

Ursolic acid, a natural compound found in an apple's skin, may prevent muscle wasting that can result from aging or illness.

## The Carb Question

Apples do contain carbohydrates, which impact blood sugar levels, but the carbs in apples affect your body differently from "junk food" processed carbs. Among 38,000 women observed in a study at Brigham and Women's Hospital in Boston, eating an apple a day lowered the risk of developing type 2 diabetes by 28%, as compared to not eating any apples. Even eating just a few apples per week had a similar protective effect. Polyphenols in apples help prevent tissue damage to beta cells in your pancreas.

Quercetin helps regulate the immune system and reduce inflammation. A study of 68,000 women published in the journal "Advances in Nutrition" found that those who ate most apples had the lowest risk of asthma.

Apples are incredibly good for you, and eating them is linked to a lower risk of major diseases, including cancer, diabetes, heart diseases and bone loss. And they're convenient to take along with you in a jacket pocket or handbag. For the greatest benefits, eat the whole fruit—both skin and flesh. Apples - the skin, specifically - are also a good source of the flavonoid epicatechin, which may lower blood pressure.

Sincerely,

A handwritten signature in cursive script that reads "Nimesh Bhargava".

Nimesh Bhargava  
OFA Nutrition Services Coordinator

**Dutchess County Office for the Aging • 114 Delafield St., Poughkeepsie NY 12601  
845-486-2555 • toll free 866-486-2555 • [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)**

Todd N. Tancredi  
Director, Office for the Aging

Nimesh Bhargava, MS, RD, CDN  
Nutrition Services Coordinator

Marcus J. Molinaro  
County Executive

## Dutchess County Apple Recipes

### Applesauce

The jarred applesauce at the supermarket may be convenient, but probably has been overloaded with sugar. This applesauce recipe couldn't be simpler: core and chop your apples, and simmer in a saucepan with water, plus lemon juice and cinnamon to taste. There's no such thing as the "right" applesauce recipe. Depending on what kind of apple you used, you might not need to add any sugar at all.

### Apple Chips

Here's another one where you can tweak the amount of sugar to fit your needs - and use none at all if you want. You'll need to slice peeled apples as thin as possible, then put the slices on a baking sheet lined with parchment. Sprinkle cinnamon on top, along with pumpkin spice if that's your thing. 45 minutes in a 225-degree oven and you should be all set. Cooking time will vary by the apples' thickness and moisture content. The apples are ready when a single chip is crisp after resting at room temperature for 2-3 minutes.

### Slow Cooker Apple Butter

There's no butter in apple butter. Nor is there any added sugar if you don't want it. You don't even have to peel the apples, if you want to maximize the nutritional benefits of this recipe.

Core, peel and dice the apples, add them to the slow cooker, then stir in spices like cinnamon, nutmeg and allspice to taste. Add some maple syrup if you'd like. Cook for 3-4 hours on high, or 8-10 hours on low - stirring once halfway through cooking.

Puree the apples in a blender, then cook on high for another 2 hours. Apple butter is done when it clings to a spoon. Stir in vanilla and salt to taste.

# HIICAP

(Health Insurance Information, Counseling and Assistance Program)

Dutchess County OFA's volunteer HIICAP counselors provide free, unbiased information and help you learn about...

- Medicare and Medicaid •
- Medigap Policies •
- Medicare Advantage Plans •
- Long-Term Care Insurance •
- Low-Income Subsidy Programs •

...and other health insurance programs available in Dutchess County.

HIICAP appointments fill up quickly every open enrollment season, October 15 - December 7.

Call **845-486-2555** today, to make your appointment for counseling (in-person or remote).

## Dutchess County Office for the Aging

Marcus J. Molinaro - County Executive

Todd N. Tancredi - Director, Office for the Aging

Nimesh Bhargava - Nutrition Services Coordinator

Dutchess County Office for the Aging  
114 Delafield St., Poughkeepsie NY 12601

(845) 486-2555 / toll free (866) 486-2555

Web: [www.dutchessny.gov/aging](http://www.dutchessny.gov/aging)  
Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)

*The Dutchess County Office for the Aging is funded under Title III of the U.S. Older Americans Act, the New York State Office for the Aging, and the county of Dutchess.*