

**PENNY SAVER NEWS**

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PH:(813)744-5519 x 136, FAX:744-5776  
e-mail:makeith@mail.ifas.ufl.edu**Grandma May Have Been Right about those Apples!**

An apple a day to keep the doctor away? At least with rats, Grandma seems to have been onto something. So far the doctors at Cornell Univ. haven't tried the same thing on people, but they might. Because while we certainly don't need smarter rats that live longer, anything to slow or stop Alzheimer's Disease would be very welcome!

The doctors fed rats extracts from apples that had a certain phytonutrient, an antioxidant called quercetin. It works like many other antioxidants to help protect our cells from bacteria, viruses, and aging. People at Cornell are interested in what's in apples because New York State grows tons of apples.

In this recent study the doctors kept track of what happened to the brains of rats fed lots of quercetin, and compared them to the brains of animals fed equal amounts of vitamin C, another common antioxidant. Then they looked for the kind of damage that shows up in people with Alzheimer's Disease. Rat brains that got the quercetin had much less damage than those with no protection or those that got the vitamin C. Somehow this one antioxidant, quercetin, did more to keep the brains healthy than vitamin C did.

Quercetin shows up naturally in many fresh fruits and vegetables, but it is the main antioxidant in apples. It is mostly in the skin of the apple, not in the juice. Red apples have more of it than green or yellow apples do. And apples have more of it than most other fruits or vegetables. There is some in blueberries and cranberries, and onions have some. But it's a lot easier to snack on an apple than an onion!

So, is this study a reason to go buy a ton of apples? Of course not. But it is just one more reason why it makes lots of sense to be sure to get some fruits and some vegetables every day. There are plenty of studies, on people, that show over and over that those who eat the most fruits and vegetables are healthier, and usually live longer.

The new Dietary Guidelines suggest that we get at least 2 cups of fruit, and 2 ½ cups of vegetables every day. They don't all have to be fresh. Cooked, canned and frozen fruits and vegetables also have lots of vitamins, minerals, fiber, and some of these same phytonutrients. If you know that half a bag of apples will spoil before you get around to eating them all, don't buy a whole bag! But get one or two, get a can of applesauce, and find other fruits and vegetables for the rest.

Don't stick just to apples. The Guidelines recommend that we try to get a balance of dark greens, bright yellows, legumes, starchy ones, and some that don't fit into any of those categories. We don't have to eat every one every day, just aim for some of each throughout the week. The more variety, the better chance we have to get the most protection possible.

This time of year there are plenty of strawberries. They have antioxidants too. They're not the same as an apple's, and might not work on the same parts of our body, but they are still worth eating! By summer we will have peaches, in the fall there will be pears. Our brains and bodies need protection year round.

Our recipe this week is an interesting variation on applesauce cake - it's a chocolate version! If you don't tell your children it's applesauce, they'll never know the difference. And with plenty of applesauce, the amount of oil is very low. If you make this with sucralose (Splenda®), use an 8 X 8 inch pan. Enjoy!

## Chocolate (Applesauce) Cake

1/4 cup butter or margarine	1 cup sugar
2 eggs	1 cup flour
1/3 cup cocoa	½ tsp baking soda
1/4 tsp salt	1 tsp allspice
½ cup chopped nuts	1 cup applesauce
1/4 cup milk	

Preheat oven to 350° F. Grease a 9 x 9 x 2 inch cake pan. Beat the butter and sugar together until creamy, then beat in eggs. Mix all dry ingredients together. Add dry ingredients, including nuts, applesauce and milk into the egg mixture. Stir just until mixed. Pour into cake pan. Bake 45-50 minutes, or until surface springs back when touched. Cool before cutting.

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