



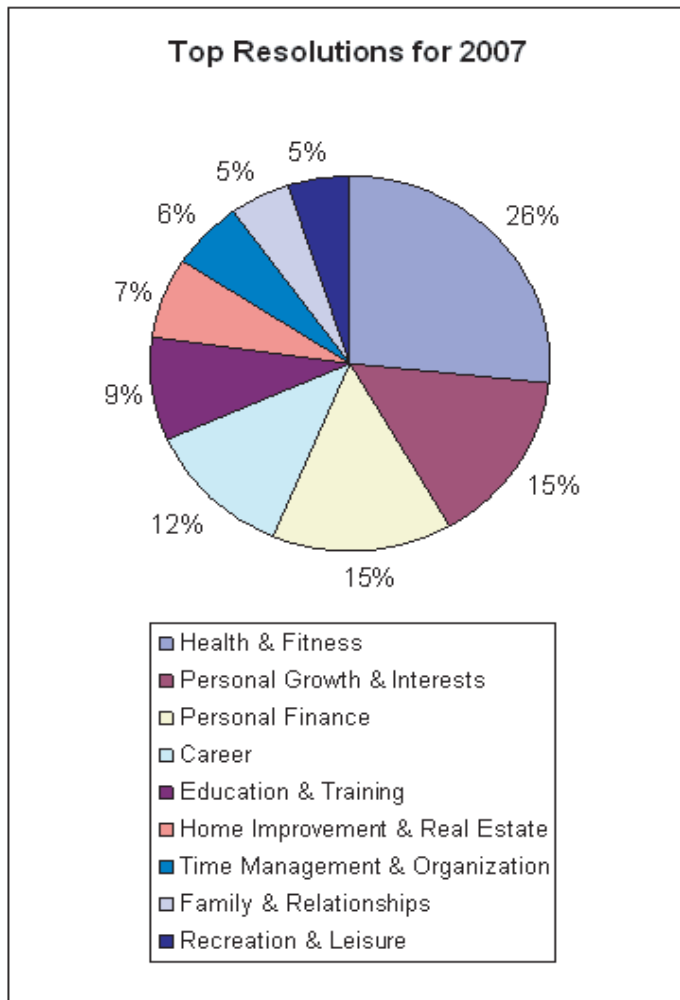
Nutrition Roundup



Research Corner

Weight loss & better fitness are top goals for 2007


Health and fitness is still expected to top the list of Americans' New Year's Resolutions for 2007, according to the web site myGoals.com, a Scottsdale, Ariz.-based online service established in 2001 to help individuals reach a variety of personal goals, from losing weight to managing their finances.



Source: www.myGoals.com

The web site reports that the percentage of people who list better health and fitness as the No. 1 goal is down a bit from 2006, slipping to 26 percent versus 31 percent of respondents last year. (See figure below). However, the primary objective among those seeking improved health and fitness was still weight loss, the top desire also expressed in 2006.

Stemilt Marketing Director Roger Pepperl said that fact is a huge opportunity for apple and pear suppliers nationwide as the New Year begins. Both fruits have been found to have properties that help dieters lose weight and fat.

For information on how apples and pears can help individuals keep their weight loss and health-related goals, read on about the 3-Apple-a-Day Plan and how it may offer solutions for dieters. 

Three apples a day can help keep the pounds away

Keeping those New Year's resolutions to lose weight and get fit can be a daunting task. Losing weight is the top resolution made by a majority of Americans at this time of year, (See *Weight loss & better fitness are top goals for 2007*). But according to the web site SelfGrowth.com, only 20 percent of Americans who make resolutions keep them.

Registered dietitian and author Tammi Flynn says something as simple as an apple or pear before each meal can help keep dieters on track in 2007 and beyond.

Flynn discovered in 2000, as she created fitness plans for some of her clients at Gold's Gym in Wenatchee, Wash., that many of them struggled with consuming the recommended quantities of fresh fruits. Registered for the Gold's Gym Challenge, a nationwide fitness contest, many in Flynn's group of clients appealed to her for a solution.

Flynn advised them to eat an apple before each meal to make fruit consumption more routine and a simple part of their schedules. To Flynn's surprise, those in the group who followed her advice began to show a greater percentage of fat loss than those who were not eating the recommended apple before each meal.

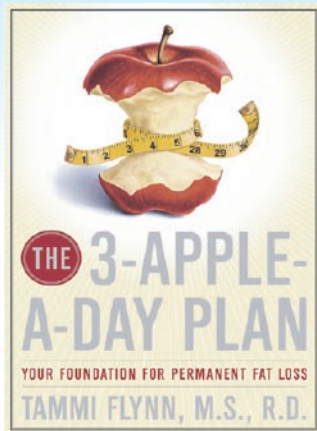
When 346 of Flynn's Gold's Gym clients lost significantly more fat than participants in previous contests – 6,126 pounds to be exact, an average of 18 pounds of fat per person – and the only change was adding that piece of fruit before each meal, it was clear that Flynn had made a major discovery. Apples seemed

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to have accelerated the fat loss for every single contestant.

Fiber is the likely secret ingredient that helped Flynn's Challenge participants show better results when they consumed the fruit before each meal. Apples contain soluble and insoluble fiber, which are both needed to keep the digestive system healthy. The fiber in apples helps to create a feeling of fullness, reducing the tendency to overeat at meals. In addition, the sweet taste of fresh fruits helps to satisfy sugar cravings, while the juice helps to maintain hydration, also important for successful weight and fat loss.



An apple before each meal can help dieters hold to New Year's resolutions.

The entire story about her Challenge participants, their remarkable fat loss, and the success they've had in keeping the pounds off. Meal and exercise plans for greater fat and weight loss, and steps for developing better physical fitness, are also detailed in the book.

For more information about how fresh apples and pears can help individuals keep to those New Year's weight loss resolutions, go to www.3appleplan.com.



Fresh pears can also serve the same role as apples due to a similar nutritional composition. Just like apples, pears contain both types of fiber and they are sweet and juicy, a good food for snacking before and between meals.

Flynn has since written a book, called *The 3-Apple-a-Day Plan*, which includes

After the holidays: recover with apples

The holidays have passed, the cookies, cakes, and turkey with all the trimmings are tucked away and less tempting now, but the unrelenting numbers on the scale indicate you had one too many servings of everything during the holidays. What to do? Try apples to help you whittle away those extra pounds.

According to the U.S. Apple Association, a Vienna, Va.-based trade organization, apples are high in water. In fact, one average-size apple is 70 percent water. Studies have shown this fact alone helps to curb the appetite when apples are frequently added to your diet.

Apples are also considered a low-energy density food, a useful quality for anyone trying to trim their waistline. Low-energy density foods have fewer calories in total compared to other non-fruit foods. That means you can fill up on apples without the guilt!

Here are a few other tips from the U.S. Apple Association to help you rebound from the holiday festivities:

- **Don't skip meals** – Dietitians recommend eating a small meal or snack every three to four hours in order to maintain a regulated appetite. Try eating an apple or pear for those mid-day snacks.

- **Eat breakfast** – Most of us have heard that breakfast is the most important meal of the day, but eating breakfast could help you lose that added weight. Some research points to the fact that breakfast speeds up metabolism. Try a hearty bowl of oatmeal topped with sliced apples and cinnamon.

- **Reduce fat and calories by substituting apple products** – Add apple juice or cider to dishes, such as roast or chicken, in place of other fats or oils. Apple juice or cider will add a splash of flavor and some antioxidants as well. Substitute applesauce for shortening when you're baking for a moist, flavorful treat that is lower in calories and fat.



Smoked Turkey, Apple, and Fennel Salad

This recipe is a great way to use up leftover holiday turkey. Combined with fresh apples, this salad is a nutritious and delightfully tasty meal!

Vinaigrette:

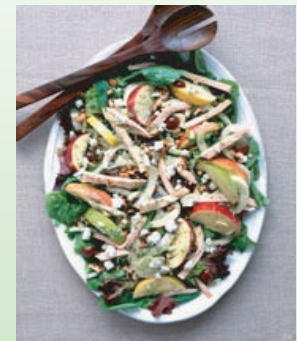
- 2 garlic cloves, halved
- 2/3 cup fat-free, low sodium chicken broth
- 1/4 cup chopped fresh parsley
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. grape seed or olive oil
- 2 tsp. Dijon mustard
- 1/2 teaspoon freshly ground black pepper

Salad:

- 6 cups torn romaine lettuce leaves
- 1 5-ounce bag spring mix mesclun salad
- 3 large apples, cored and diced (about 4 cups)
- 1 whole fennel bulb thinly sliced (about 3 1/2 cups)
- 1 1/2 cups halved seedless red grapes
- 1 lb. smoked turkey breast sliced into strips or cubed
- 1/3 cups toasted, chopped pecans
- 1/3 cup crumbled goat cheese (optional)

To prepare vinaigrette, drop garlic through food chute with food processor on; process until minced. Add chicken broth and next six ingredients (through black pepper); process until well blended. Set aside.

To prepare salad, combine romaine and mesclun mix on a serving platter. In a large separate bowl, combine apples, fennel, and grapes. Pour about 1/2 of the vinaigrette over the apple mixture and toss gently to coat. Spoon the apple mixture over lettuce. Arrange the smoked turkey over the salad and sprinkle with the pecans and goat cheese if desired. Spoon the remaining vinaigrette over the salad. Serve immediately.



Preparation Time: 20 minutes
Total Time: 20 minutes

Nutritional Information Per Serving:
Calories: 190
Total fat: 7g; Saturated fat: 1g
Calories from fat: 60; Protein: 14g
Carbohydrates: 21g; Cholesterol: 25mg
Dietary Fiber: 5g; Sodium: 850mg

Servings: 6 to 8
Source: U.S. Apple Association