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Healthy Living with apples

Apples are a delicious treat! Apples are also very healthy. Apples can help lower your risk of having heart diseases, strokes, colon cancers, and a lot more other types of diseases and cancers. Apples can also help you have healthy lungs. Click on this link to find out more apple nutrition facts and some recipes on how to prepare apples.

Eating fresh apples is always good for you, but to get the full nutritional benefits associated with eating apples you should eat at least one fresh apple every day. The average U.S. consumer eats about 19 pounds of fresh apples a year - about one apple per week. Ongoing consumer attitude tracking in nine major markets across the United States has shown that Washington apples remain number one as far as consumers are concerned. According to a one report, 56 percent of those surveyed named Washington as the brand they look for when buying apples.

[Healthy Living | Washington Apple Commission](#)

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