



Drink to your Health!



Leaves falling...

a chill in the air, it just wouldn't be fall without apple cider! Apple cider is the original American beverage. Early U.S. settlers drank apple cider as their primary beverage, unsure of the safety of the drinking water. Once found only at orchards and roadside stands, apple cider has become a year-round treat. It is great over crushed ice on a hot summer day and a steaming mug, replete with cinnamon stick, warms more than mere chilled bones. So enjoy apple cider and juice anytime!



Like apple juice, apple cider is made by crushing a blend of apple varieties into a pomace, then pressing the juice from the pomace. Tiny apple solids floating in the juice turn color when exposed to air, giving cider that gorgeous caramel color

and opaque look. Some apple cider is filtered, some is not, but all apple cider is 100% juice.

Apple cider and 100% apple juice are naturally low in fat and sodium, and naturally sweetened by the fruit itself – with no sugar added – it's a great way to *drink* your apples. Each naturally nutritious 4-ounce glass counts as a serving towards the recommended USDA Dietary Guidelines.* Unless it's vacuum-sealed and shelf stable, apple cider is a perishable product and should be refrigerated. Most cider has been pasteurized – treat it the same as you would treat milk; keep it refrigerated, and enjoy it by the date on the label or within 7-10 days of opening.

* U.S. Department of Agriculture Dietary Guidelines. www.mypyramid.gov
¹ Journal of Medicinal Food, 2000, 3: 159-165. ² Journal of Alzheimer's Disease, 2006, 9: 287-291. ³ Experimental Biology and Medicine, May 2006. 231: 594-598
⁴ Pediatrics, 2007. 119:405.

Drink to Your Health The U.S. Department of Agriculture considers a 4-ounce glass of apple cider or juice equal to one half cup of fresh fruit and recommends eating 2 cups of fruit every day for a healthier you.

♥ **Your** ♥ Some studies indicate the antioxidants in apple juice may play a role in reducing the risk of heart disease¹

Boost Brain Function Researchers report that 100 percent apple juice may improve memory and learning by protecting against oxidative damage that contributes to age-related brain disorders such as Alzheimer's disease.²

Fight Cancer Consumption of an antioxidant-rich diet – particularly the antioxidants found in apples and 100 percent apple juice – has been associated with a reduced risk of developing some cancers.³



Maintain a Healthy Weight Parents can feel comfortable in making apple juice and apple cider part of a healthy diet. According to the American Academy of Pediatrics (AAP), children ages 1 to 6 can consume 4 to 6 ounces of 100 percent fruit juice per day and children ages 7 to 18 can drink 8 to 12 ounces per day as part of a well-balanced diet.⁴



Warm your body and spirit with

Microwave Hot Mulled Cider

An Old-Fashioned fall favorite in minutes! You'll miss out on the house-warming aroma of the stove top version so be sure to try preparing a classic version some wet weekend.

- 1 qt. apple cider
- 1 1/2 cups cranberry juice
- 1/2 tsp. whole cloves
- 1/2 tsp. whole allspice
- 1 stick cinnamon

Combine all the ingredients in a 2 quart microwave-safe bowl, cover, and microwave on high for 5-8 minutes until steamy hot, but not boiling. Strain and serve.



The U.S. Apple Association invites you to visit our website for more appicious info including recipes and more information about apples and apple products.

www.USApple.org