

# How 'bout Them Apples

You've probably never thought of apples as a significant part of a weight-loss regimen, but apples are a great source of fiber, and fiber not only improves digestion but also encourages weight loss. A medium-sized apple contains about five grams of fiber, more than most commercially made cereals—even the health food store variety. They also have almost no fat or cholesterol, so they are a healthy choice for a snack or dessert.

Even if you're not on a track to lose weight, eating "an apple a day" can help to keep the doctor away, recent research shows. Apples are a potent source of phytochemicals, chemical compounds that act as antioxidants, and studies have linked daily consumption of this fruit with reduced risk of some cancers, cardiovascular disease and other chronic diseases. One a day will do it!