No serious side effects

Improving neurological health

Seeds contain poisonous cyanide

Preventing dementia

# Risks

Reducing your risk of stroke

More damaging to the teeth

**Benefits**

Lowering levels of bad cholesterol

severer than carbonated drinks

Reducing your risk of diabetes

Warding off breast cancer

Should I eat the apple peel? What about pesticides on the peel?

Q2

I have type 2 diabetes, can I eat apples?

# FAQs

B-complex vitamins

Q3

APPLE & HEALTH

Q1

Dietary fiber

fiber and antioxidants

# Why Eat

lowlevels of pesticide residues

**Important Nutrients**

Phytonutrients

calcium potassium

Minerals

Vitamin C

phosphorus



apples are a nutritious food