

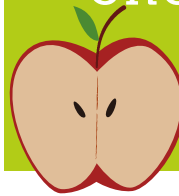
# Apples



You probably have tried this fruit before, but have you tried all 7,500+ kinds?

Try it!

Crisp and sweet, apples make for a refreshing snack! And you can never get tired of them because there are so many kinds and each one has a different taste!



**Fruit  
FUN!**



## Fun Facts:

- The apple peel is the most nutritious part!
- The average American eats 18 pounds of apples in a year!



## Nutrition

This favorite fruit has many things to keep you in tip-top shape. Fiber to help your digestion, antioxidants to prevent cancer, and vitamins and minerals to keep you jumping & running!