

GREEN APPLE FOR HEALTHY LIVING

D. Sravanthi* and Dr. T. Supraja
Department of Food and Nutrition, Post Graduate and Research Centre, PJTSAU, Rajendranagar, Hyderabad

Green apple has recognized as one of the healthiest fruits. It is characteristically packed with a variety of essential nutrients (proteins, vitamins, minerals and fibers), which are known to offer relief from digestive disorders and they are also very operative in lowering blood cholesterol and blood pressure, maintaining blood sugar levels & improving appetite.

INTRODUCTION

Fruits, vegetables, grains, pulses and spices are the valuable gifts which nature has provided to human beings. We have been eating those seasonal fruits since ages past. Eating those fruits, vegetables along with our staple diet provides all the essential nutrients to our body. Naturopaths believe that this is the best way of leading life. Food is essential for every living being. **Green apple**, which is light green in color, belongs to Australia, is one of the fruit that is found exclusively today in supermarket. By seeing the colour of green apple many people think that it was a raw apple. The main important difference between the red apple and green apple is color. Green apple became popular due to its taste.

HISTORY

The “Granny smith” is a tip bearing apple cultivar, which originated in Australia in 1868. It was named after Maria Ann Smith, who propagated the cultivar from a chance of seedling. The tree is thought to be a hybrid of *Malus sylvestrus* the European wild apple, with the domestic apple *Malus domestica*. The fruit has hard, light green skin and a crispy juicy flesh.



HEALTH BENEFITS OF GREEN APPLE

High fiber content: Green apple contains a lot of fiber, which helps to clean the digestive system and increases metabolism. This therefore, helps in free bowel movement.

Mineral content: It contains a number of minerals- iron, zinc, copper, manganese, potassium etc., which are trace minerals and are must for human health and wellbeing. Potassium helps in providing relief from stroke, blood pressure, heart and kidney disorders.

Low in fat content: This is a great food when it comes to weight watchers. It is also collects the fat in blood vessels due to pectin, which is present in green apple, helps in maintaining proper blood to the heart preventing the chances of strokes.

Prevents skin cancer: It contains vitamin-C that helps in preventing skin cells damage by free radicals and thus reduces the chances of skin cancer.

Rich in antioxidants: It contains antioxidants, which helps in cell rebuilding and cell rejuvenation. This also helps in maintaining healthy and glowing skin.

Relieves migraine: People who are more prone to stress may develop the chances of migraine. Ethyl valerate (C₄H₉-COO-C₂H₅) sometimes called green apple flavor, by sniffing the scent of green apple there is a chance of reducing migraine.

Prevents diabetes: Green apple can keep the blood sugar levels under control. When eating an apple on an empty stomach it delays the sugar absorption in the body. Women who eat this fruit everyday can prevent the chances of developing type 2 diabetes by 30%.

Rich in vitamin-A, B &C: Green apples

are rich in vitamin A, B &C, so apart from protecting the skin from harmful effects of free radicals, it also helps one in maintaining glowing skin from inside.

A natural detoxifier: Green apple juice keeps liver, kidney and digestive system free from toxins and harmful elements. The presence of fiber also helps in preventing the constipation issues.

Gives metabolic rate a boost: This juice is a treasure trove of a wide variety of minerals. These minerals play a major role in providing a good health. Iron, especially, is known to aid better absorption of oxygen, which in turn boosts the metabolism.

Good for liver: Green apple juice is known to possess antioxidants in good quantities. These antioxidants actually prevent the free radicals from damaging the liver.

Helps to lose weight: Green apple is packed with a fiber & low in fat, sugars, sodium is known to restrict the hunger pangs. It improves calorie burning potential, which helps in achieving weight loss goals in a tasty way.

Protects from inflammatory conditions: The antioxidants, which are present in green apple help in safeguarding the body from oxidative stress, induced painful condition like rheumatism and arthritis.

Good for vision: Green apple juice is a source of various vitamins. Vitamin-A present in green apple is known to provide strength and improve our vision.

Good for blood clotting: Green apple juice is a potential source of vitamin-K, the element that helps in blood coagulate & possess a better wound repairing and healing potential.

Healthy strong bones: Green apple juice has rich presence of calcium, which is essential for strengthening the bones and teeth and keeping them healthy. Women especially in their menopause should include this diet to prevent osteoporosis.

BENEFITS TO SKIN

Green apple is known to provide healthy and nourishing skin as it aids as an anti-aging agent, removes pimple eruptions, reduces dark eye circles, and prevents skin diseases when it is consumed as juice.

BENEFITS TO HAIR

Green apple also helps in gaining of lustrous, shiny hair and helps in the maintenance of scalp health by removing dandruff.

Cures dandruff: A paste created with leaves and skin of green apple works wonders to remove dandruff. The paste can be used as a shampoo

Enhances hair growth: Packed with a tempting array vitamins and minerals, regular use of green apple juice is known to promote hair growth and keeps hair fall under control.

SELECTION AND STORAGE

Selection: While buying green apples look for firm, brightly colored apples having no bruises or damaged, shriveled skin. It is always advisable to prefer individual apples to pre-bagged ones. Never buy apples that smell musky.

Storage: The best place to store green apple is a refrigerator. Wrap the apples in a perforated plastic bag & place them in a coldest area of refrigerator after sprinkling with water. In this way the apples can stay fresh for 2-3 weeks

PREPARATION AND SERVING TIPS

1. Wash the apples in running water
2. Scrub it out to remove any waxy preservative
3. Cut both ends before eating
4. One can enjoy the whole apple, slices or its juice

EATING ON AN EMPTY STOMACH:

Eating apples first thing in the morning on an empty stomach, helps to produce healthy cells & thus fight chronic conditions. This is because the antioxidants fight the free radicals in the body and the fruit hydrates the body adequately.

