Apples, peaches, pears, plums and apricots contain nutrients such as vitamin C, fiber and vitamin A:

- One serving has nearly 10% daily value (DV) of vitamin C.
- 1 apple or 1 pear contains about 20% DV of fiber, while 1 peach, 2 apricots or 2 plums provide about 10% DV of fiber.
- Apricots contain 13% DV of vitamin A.

These fruits also have the antioxidant quercetin. Red apples contain the most quercetin, with lesser amounts in other apples and fruits.

**HOW THEY IMPROVE HEALTH**

- Quercetin works as an antioxidant as well as an anti-inflammatory, and has been associated with overall lung health.
- Fruits high in fiber may be linked to reduced risk of colorectal cancers, cardiovascular disease, type II diabetes, and better weight management.

**MAXIMIZE YOUR NUTRIENTS FROM:**

**APPLES, PEACHES, PEARs, PLUMS AND APRICOTS**

**NUTRIENT AND PHYTONUTRIENT CHANGES**

- Fresh, ripe fruits in this category should be refrigerated. This helps to maintain the vitamin C.
- Many of the nutrients and phytonutrients are found in the skin of fruits, so it is best to consume with the peel still on.
- For highest nutrient and phytonutrient levels, it is best to consume these fruits fresh or frozen. Nutrients are maintained well during frozen storage.
- If you wish to cook these fruits, baking maintains higher nutrient levels than boiling and draining.
- If eating canned fruits, be sure to consume the canning liquid as well. It is better to can in juice than in syrup.
- Dried fruits have significant losses of vitamins A and C as well as quercetin; other preservation methods are better.
Recipe Ideas to Maximize Nutrients and Phytonutrients

Most nutrients are in the peel so it is best to eat unpeeled, fresh fruits:

- Spread apples with peanut butter for extra protein.
- Make a fruit quesadilla with a whole wheat tortilla, low fat cream cheese, a sprinkle of cinnamon, and sliced apples, pears, peaches, apricots, and/or plums.
- Dip slices into low fat vanilla yogurt.
- Dice fruits and mix into a fruit salad. Sprinkle with granola for extra fiber and crunch.
- Slice thinly and add to a green salad.

If fruit cannot be eaten soon after harvest, canning and freezing are good options:

Frozen
- Use in a smoothie, along with frozen banana, avocado, frozen berries, low fat yogurt, and tofu. Add water, milk or juice to achieve desired consistency.
- Thaw overnight in the refrigerator and serve over low fat cottage cheese, yogurt, or granola.

Canned — always retain the juice to maximize nutrient levels.
- Used drained juice to make a sauce by cooking with cornstarch and a little sugar if desired.
- Incorporate drained juice into a smoothie (as above).
- Use drained juice along with water to cook oatmeal, then top with drained fruit.

For more information or how to maximize nutrients in other fruits and vegetables, see http://localfoods.osu.edu/maximizenutrients.

Other Food Sources of Key Nutrients and Phytonutrients:

- Quercetin
- Red onions
- Red/black grapes
- Raspberries
- Fiber
- Cruciferous vegetables
- Avocado