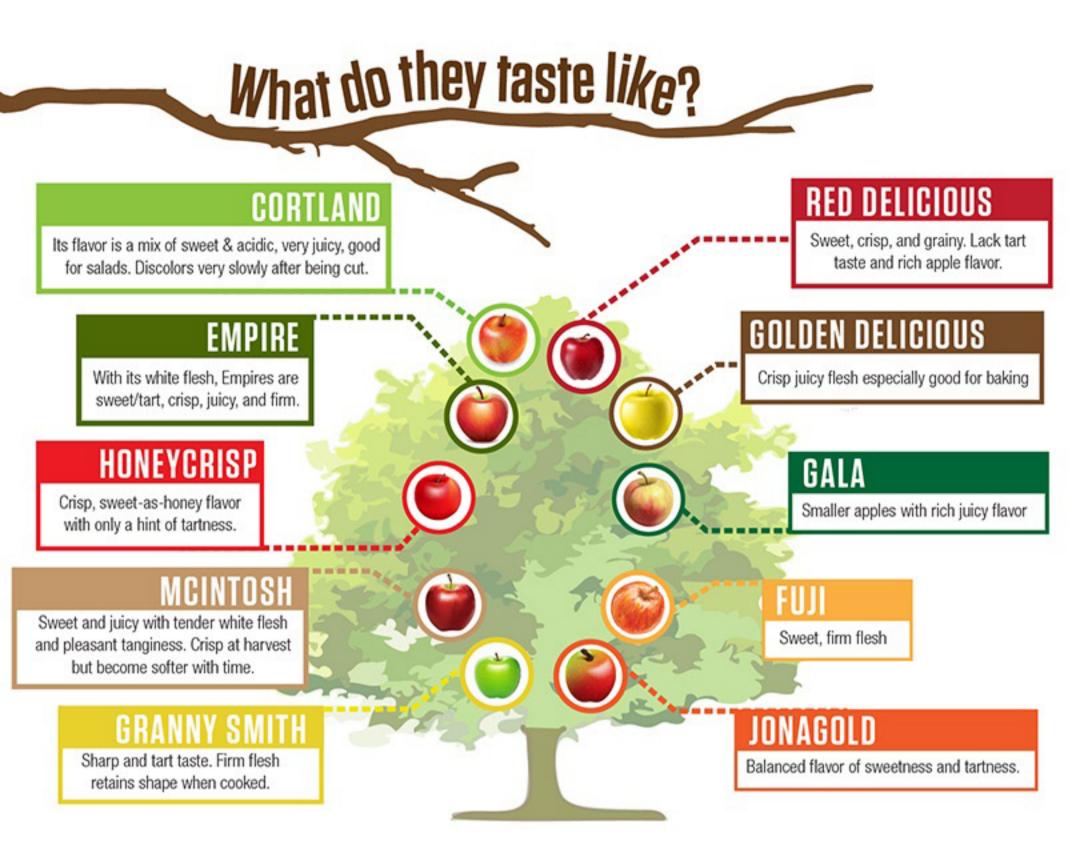
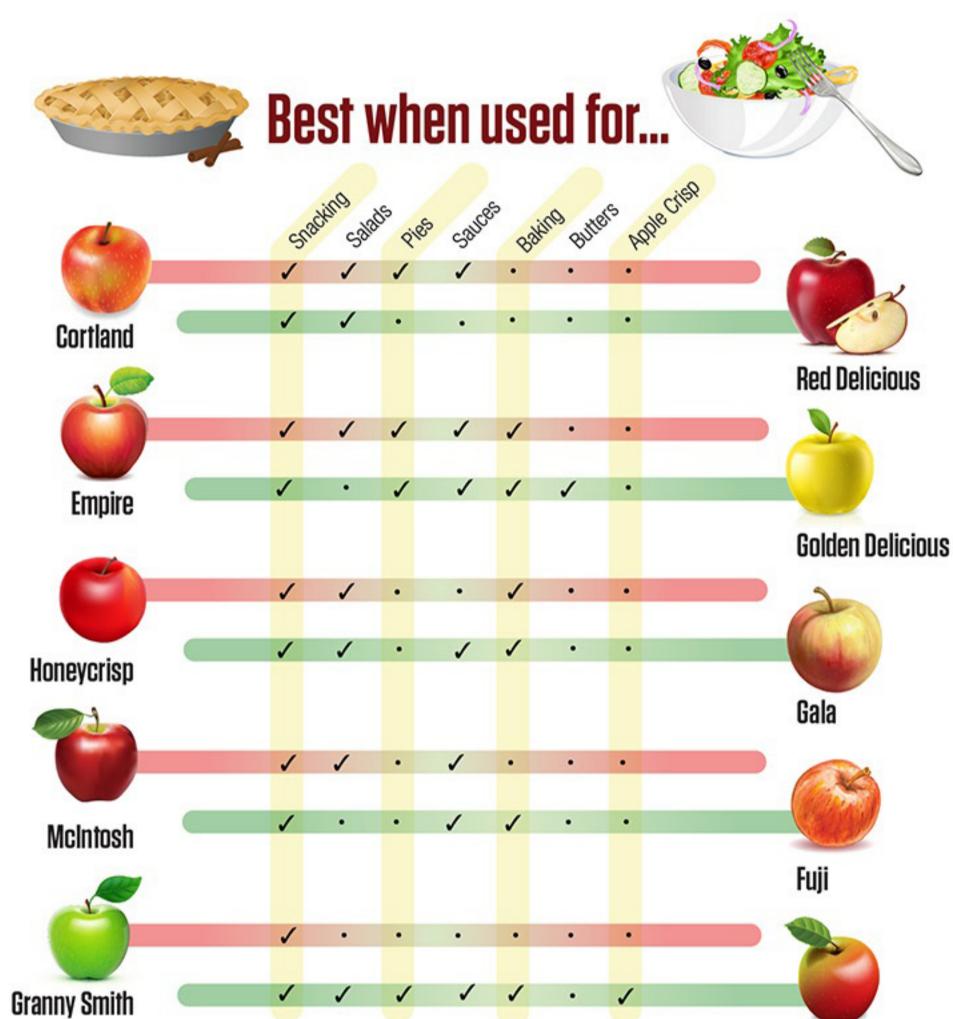
An Apple A Day...

Which type of apples should you use in your recipe?

Use the following guide to prepare foods with apples.





The Nutrition Numbers = 1 Large

Jonagold

130
CALORIES



Nutrition Facts Serving Size 1 large apple

(242g / 8 oz.)

Amount Per Serving

Calories 130 Calories from Fat 0

Value** Total Fat 0g 0% Saturated Fat 0g 0% 0% Trans Fat 0g 0% Cholesterol 0mg Sodium Omg 0% 0% Potassium 260mg Total Carbohydrate 34g 11% 20% Dietary Fiber 5g Sugars 25g

Protein 1g

Vitamin A 2% • Vitamin C 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

or lower depending on your calorie needs:

Calories Per gram:

Carbohydrate 4 • Protein 4

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