An apple a day may help keep disease at bay
One medium-sized apple offers about four grams of dietary fiber and just 80 calories—that’s a lot of fiber in a fruit with very few calories. The fiber in apples can help lower blood cholesterol levels and improve your digestion. Plus, their peels are loaded with antioxidants that may reduce the growth and spread of cancer cells and build a healthy heart. And if you’re looking for one more health benefit, nutrients in apple juice help keep your gums healthy.

Source: American Dietetic Association