

10 Surprising Ways Apples Are Good for Your Health

1. [Research](#) found that **when healthy adults consumed an apple fifteen minutes before eating a meal, they ate 15 percent less** at the meal. This simple habit can result in weight loss for anyone looking for an easy and healthy way to lose weight.
2. In other [studies](#), apples have been shown to **significantly alter the amounts of the bacteria *Clostridiales* and *Bacteroides* in the large intestine**, conferring gastrointestinal health benefits.
3. Thanks to their phytonutrient content, apples have been shown to **lower the risk of asthma and lung cancer** in numerous [studies](#).
4. In a [study](#) funded by the USDA, postmenopausal women who ate dried apples daily experienced a **23 percent reduction in LDL cholesterol** (the one known as “bad cholesterol”) and a 4% increase in HDL cholesterol (“the good cholesterol”) within six months.
5. In a British study published in [BMJ](#), researchers found that eating an apple a day was **as effective as statin drugs to lower cholesterol levels**, without the harmful side-effects. They also found that if 70% of the British population simply ate an apple on a daily basis, 8500 lives would be spared every year from heart attacks or strokes.
6. Researchers at [Tufts University](#) found that catechin polyphenols found in apples **speed abdominal fat loss by 77 percent** and double weight loss in overweight individuals. Catechins also improve the body’s ability to use insulin, thereby preventing wild blood [sugar](#) fluctuations that effect energy, mood, and cravings.
7. Apples contain flavonoids (including catechin polyphenols and quercetin), which have been shown to **interfere with the development of cancer cells** and preventing their ability to multiply.
8. Research in the journal [Nutrition Reviews](#) found that a diet that’s too low in magnesium increases the risk of cancer. Apples are a **good source of magnesium**.
9. According to research in the [International Journal of Biological Macromolecules](#) scientists found that apple oligosaccharides showed an ability to inhibit human colon cancer cells. Oligosaccharides are complex carbohydrates. The apple compound induced a process known as apoptosis, which is the body’s mechanism to kill damaged or cancerous cells. They also found that the **apple oligosaccharide stopped the growth of new cancer cells**. They concluded: “Apple oligosaccharide is a potential chemoprevention agent or anti-tumor agent and is worthy of further study.”
10. Apples contain a natural compound known as malic acid, which **helps improve energy production in the body**. It has been found to aid fibromyalgia and chronic fatigue syndrome.