

## Apples

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### Apples

Apples are loaded with vitamin C, especially in the skins, which are also full of fiber, Flores said. Apples contain insoluble fiber, which is the type of fiber that doesn't absorb water. It...

### Apples: Health Benefits, Risks & Nutrition Facts | Live ...

An apple is a sweet, edible fruit produced by an apple tree (*Malus domestica*). Apple trees are cultivated worldwide and are the most widely grown species in the genus *Malus*. The tree originated in Central Asia, where its wild ancestor, *Malus sieversii*, is still found today. Apples have been grown for thousands of years in Asia and Europe and were brought to North America by European colonists.

### Apple - Wikipedia

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### Apple

As one of the most cultivated and consumed fruits in the world, apples are continuously being praised as a "miracle food". In fact, apples were ranked first in Medical News Today's featured article...

### Apples: Health benefits, facts, research

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Apples - walmart.com

Apples are among the world's most popular fruits. They grow on the apple tree (*Malus domestica*), originally from Central Asia. Apples are high in fiber, vitamin C, and various antioxidants. They...

Apples 101: Nutrition Facts and Health Benefits

Apples are one of the most popular fruits — and for good reason. They're an exceptionally healthy fruit with many research-backed benefits. Here are 10 impressive health benefits of apples. 1.

10 Impressive Health Benefits of Apples

On a fresh, whole-fruit basis, apples are the second most-consumed fruit in the U.S. (Bananas rank as number one.) The popularity of apples extends across the age spectrum from children to adults. Among children, a recent study has shown apples to provide some much-needed benefits.

Apples

Cider apples. Cider apples may be far too sour or bitter for fresh eating, but are used for making cider. Some apples (especially older ones from the U.S. and Canada) are used for both cider and eating purposes.

List of apple cultivars - Wikipedia

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