

Apples: One a day advice remains a tip for improved health

Good news for people who reach for an apple when they're running short of energy. Doctors and dietitians agree that there's a great deal of merit to the old adage "an apple a day keeps the doctor away."

According to clinical nutritionist June Roth, the best advice for a healthy body is "to treat yourself to an apple every day." The apple is low in calories and high in fiber. Health experts find the apple to be a good defense against the stresses of today's lifestyles.

Because apples contain complex carbohydrates, Roth says, they are metabolized more slowly than simple sugars. "Apples are guaranteed to give you high energy for at least two hours after eating," she notes.

The old-fashioned technique of getting an energy boost mid-morning or mid-afternoon by having coffee and something sweet "will only let your body down fast after a quick fix."

Apples' pectin content is a very valuable asset, according to Barbara Haas, a Washington, D.C., nutritionist. "Stress produces cholesterol in the body," she observes. "The pectin lowers cholesterol — you'll feel better and may live longer feeling better if you use fruit to stay healthy."

The bulk fiber in apples can also aid the body's natural processes and help reduce the chances of getting colon cancer or other digestive tract problems. For weight watchers, one

apple contains only 80 calories, one milligram of sodium, and no cholesterol. Apples provide vitamins A and C, calcium, potassium, and phosphorus.

Part of the popularity of apples stems from their convenience. Busy people find it easy to pack an apple into a brown bag or a briefcase.

"I can tell people what to eat, but I can't make them eat it," says Susan Foreman, a nutritionist and recipe development expert. "But they naturally turn to something that is sweet and crunchy." Nowadays, fresh ap-

ples are even appearing as an alternative dessert in delicatessens and fast food restaurants.

Dr. Philip Malese is a dentist who also practices what he preaches. He eats apples "every day to cleanse my gums and keep my front and back teeth strong."

"Of course, a health-conscious cook can sneak an apple into my cake," Foreman laughs. "When I serve sandwiches to guests, I always garnish them with a few apple slices. It's healthier than potato chips and pretzels, too!"

2,000 varieties of cheese tempt many palates

Cheese has been one of the most popular nutritious foods for people from the high Himalayas to the Sahara region. According to legend, cheese was "discovered" thousands of years before Christ by a traveler who placed milk into a pouch made of a sheep's stomach to carry with him.

During the journey, the sun's heat and the enzymes in the lining of the stomach pouch changed the milk into curds of cheese and whey.

Changes and improvements have produced countless varieties of cheese that range in texture from soft to hard and in flavor from mild to sharp.

Varieties of cheese are known by more than 2,000 names; however, some differ only slightly.

Many similar cheeses are named for the localities where first produced. For example, cheese with visible veins of blue-green mold was named Roquefort because it was made in the village of Roquefort, France. In Italy, a similar cheese was named for the town of Gorgonzola and in England for the town of Stilton.

French Roquefort is made from the ewe's milk in the Roquefort region, while blue cheese is made from other than ewe's milk elsewhere in France. In the United States and Canada it is blue cheese.

In the United States, prior to 1851, cheese was made on farms for the family and for sale in nearby towns. In Home, New York, cheese-making changed from a family art to a great industry when the first factory was built and began producing cheddar cheese. Through the application of controlled scientific methods, American cheese-makers have successfully manufactured virtually all types of cheese and have created distinctive, original, domestic varieties such as brick, colby, and Monterey.

CHEESE is defined as the fresh or matured product obtained by draining the whey after coagulating casein, the major protein in milk. The casein is coagulated by acid from selected microorganisms and/or by milk-clotting enzymes added to milk.

The resulting curd is cubed, cut, heated, drained, and salted. Fresh, or uncured, cheese, such as cottage and cream, can be eaten immediately.

The drained curds may be "knitted" or "stretched" prior to salting. Manipulation of the drained curd affects texture of cheese.

Ripening, or curing, of the knitted or stretched curd includes exposure to a temperature-humidity controlled environment for a specified length of time. Changes during curing are brought about by specially selected enzymes, bacteria, mold, yeast, or combinations of these added curing agents in or on the cheese.

During ripening, nutrients, such as protein, fat, and carbohydrate (lactose), are changed to simpler compounds that produce the characteristic flavor and affect the final texture of the cheese.

Various kinds or combinations of milk are used in making specific types of cheese. For example, cottage cheese curds are made from skim milk, cheddar cheese from whole milk, cream cheese from milk plus cream, and Swiss and Odom from mixtures of whole and skim milk. Most cheese produced today is made from heat-treated or pasteurized milk.

CHEESE is a concentrated source of many of the nutrients of milk. It contains the protein, vitamin A, riboflavin and the mineral calcium.

Recent U.S. government surveys have shown that many Americans are consuming less than the recommended amount of calcium. A prolonged calcium deficiency may lead to serious health problems. One is osteoporosis. It is a painful, crippling

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