





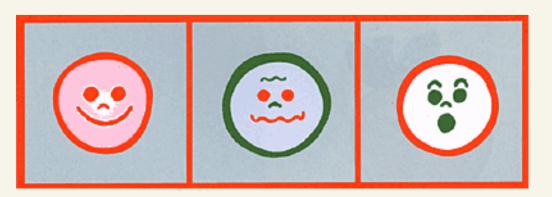
## **Apples: A Healthy Snack**

Have you heard the saying, "An apple a day keeps the Doctor away"? Of course, it is nearly impossible to be in perfect health all of the time, but apples are very good for you. Apples are not only a delicious snack, but they are also low in fat and high in many vitamins and minerals. Apples are also good for your teeth - in fact, they have been nicknamed "Nature's Toothbrush," because they clean your teeth when you eat them! Yes, you will still have to brush your teeth if you eat an apple a day, but it is a great solution for in-between meals!

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