

‘NUTRITIONAL TIPS’

APPLES ARE PRESIDENTIAL

The story of George Washington and the cherry tree probably isn't true. But it is known that one of our first president's favorite hobbies was pruning his apple trees.

On average, people eat about 19 pounds of fresh apples a year, or about one apple per week.

A medium-sized apple contains about 80 calories and is a good source of potassium and fiber. The fiber in apples is a mix of soluble and insoluble fiber, providing heart health and colon cancer prevention benefits at the same time.

Try apples in salads and desserts or as toppings for meat, fish and chicken. Cut them up and enjoy them as a snack.

Eating apples may not make you president, but your body will be singing "Hail to the Chef!"

“Welcome Aboard!”
“Enjoy The Ride!”

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