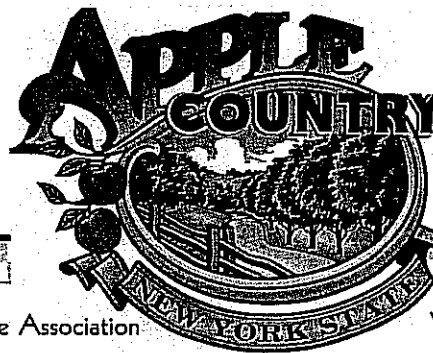


CORE



REPORT

Official newspaper of the New York Apple Association

Volume 14, Issue 8

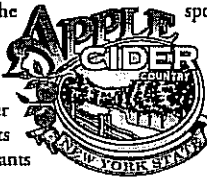
February 2007

Study shows cider healthier than juice

A new study on the health attributes of “cloudy” vs. “clear” apple juice this month was published in the *Journal of the Science of Food and Agriculture*.

Polish researchers found that cloudy apple juices such as cider contain much more antioxidants than clear apple juice. Antioxidants are credited to help prevent many health problems, including cancer.

“While our cider is cloudy, the benefits are



clear, drinking cider is great for your health,” said Linda Quinn, M.S.R.D., nutritional spokeswoman for the New York Apple Association, who is currently starring in a statewide TV campaign promoting apples.

Cloudy juice packed up to four times the level of polyphenols, a group of antioxidant plant compounds, according to the study, according to Jan Oszmianski, the study’s lead author and a researcher at the

Agricultural University of Wroclaw, Poland.

The findings were based on four juices that the study authors prepared themselves, using two varieties of apple — Champion and Idared, which is a popular New York-grown variety for cider.

Cornell University researchers have long claimed that the healthy nutrients found in raw apples are passed down to cider when those apples are pressed.

Still, apple juice, whether it’s clear or cloudy, is full of nutrients, such as vitamin C

and calcium, other research has proven.

Studies have shown that commercially-produced apple juice may have significant health benefits preventing such diseases as Alzheimer’s, cancer, and heart disease.

“Whether it’s a whole apple, apple juice, apple cider or apple sauce, all provide essential nutrients and may aid the prevention of disease,” Quinn said.

For an abstract of the study: <http://www3.interscience.wiley.com/cgi-bin/abstract/113494176/ABSTRACT>.