



SUMMER 2009

Fruit News

Real Fruit, Real Health.

Nurture Your Family's Health

Solving the Pyramid Puzzle

Have you visited the pyramid lately? You don't have to travel to Egypt and it's just a click away. Accessible at www.mypyramid.gov, this hands-on guide considers that we are different ages, have specific health needs and have unique preferences when it comes to eating. Still, if you are overwhelmed by all the numbers, serving sizes, and daily values, here's a quick tour to help you better feed yourself and your family:



FRUIT

What counts? Raw, cooked, canned, pureed or dry fruit, 100% fruit juice

Examples: 1 cup fruit, 1 small whole fruit, 1 cup juice, ¼ cup dried fruit, ½ cup apple sauce

Quick tidbit: Whip up an Apple Banana Smoothie for an afternoon refresher

Bottom line: Aim for 2 cups a day; select a variety

[CLICK HERE FOR COMPLETE ARTICLE](#)

An Apple a Day

Apples May Improve Your Memory

Feeling forgetful lately? Adding an apple or a glass of apple juice to your daily routine may just keep your brain on track. Recently, researchers at the University of Massachusetts Lowell (UML) studied the effects of giving apple juice to mice with Alzheimer's-like conditions. The study concluded that eating more antioxidant-rich foods, like apples and apple products, could help prevent a decline in memory and brain function.

Deanna Segrave-Daly, RD, LDN

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Q&A with Our Dietitian



Q *What's the difference between naturally occurring and added sugars?*

A It's important not to lump (no pun intended) all sugars into one "bowl." Our bodies could not survive without the basic forms of carbohydrates often referred to as simple sugars – which include glucose and fructose. Fructose is naturally found in fruits and some vegetables. The added sugars we often find in processed foods are typically in the form of sucrose and usually contribute empty calories to our diets. Tree Top® Apple Sauce and 100% Juices are sweetened from the fructose naturally found in apples – and nothing more – just as Mother Nature intended.

Deanna Segrave-Daly, RD, LDN

New From the Orchard

Fruit with a little something extra!

Introducing new Tree Top trim® fruit beverages. With only 60 calories and all sorts of added goodness, it's fruit with a little something extra. Things like Fiber to make you feel full, Chromium to promote a healthy metabolism and L-Carnatine to give you energy. Add that it even contains 1 whole fruit serving and Tree Top trim® is taking fruit to a higher level. Become enlightened today!

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INTRODUCING

trim



Check It Out

Cedar Plank Apple Pork



What's
New
from the
Orchard



Special
Offer



Real Fruit From Real People™

For nearly 50 years we have held true to our small town heritage of care, craftsmanship, and quality. Tree Top, Inc. is an agricultural cooperative owned by over 1,300 apple and pear growers in the Northwestern United States.