



In season: Apples

This fruit makes a yummy sweet snack that is a powerhouse of goodness. Apples are rich in vitamin C, potassium, dietary fibre, anti-oxidants and are low GI.

The phytonutrients and anti-oxidants in apples can help reduce the risk of developing cancers, high blood pressure, diabetes and heart disease. It is important to note that the concentration of anti-oxidants is higher in the skin than the actual apple, making it one of the best parts.

So always keep the skin on and enjoy an apple a day.

VIS Sports Dietitian, Kylie Andrew