

## Insider Look

### Breast Cancer

- Breast cancer is a type of cancer that attacks the breast tissue, and is the most common type of cancer among women.
- According to the National Breast Cancer Foundation, 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.
- Cancer is not caused by one factor, but instead it is caused by multiple factors such as our lifestyle, our genes and our environment.
- There are many risk factors that cannot be changed, such as race, age and family history.
- Certain environment and lifestyle risk factors can be avoided, like lack of physical activity, poor diet and drinking alcohol.
- Talk with your doctor if you have questions about your risk of breast cancer.

By maintaining a nutritious diet a person can lower their risk of developing breast cancer

## Tips

### How 'bout them apples!

#### Choosing:

- Check for firmness. Squeeze the apple gently to feel for soft spots.
- If there appears to be spots that are rotten or feel very soft, the apple has likely gone bad.

#### Storing:

- Apples will continue to ripen if left on the countertop.
- When storing your apples in the refrigerator, place them in the crisper away from vegetables.
- Wash them under cold running water before eating.
- **REMEMBER:** The old adage of “One bad apple rots the whole bunch” is true. Check your apples for spoilage before storing them with other apples and fruits!

#### Did you know?

- 1 medium apple, about the size of a tennis ball or one cup sliced, is considered 1 serving.
- Apples are a good source of fiber and have phytonutrients that provide health benefits.
- Choosing the fruit instead of the juice will help keep your body full, longer!

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# Apples



# Healthy Recipes

# Fun for Kids

# Brain Break

## “Nacho” Normal Apples

Yield: 1 serving  
Serving size: 1

### Ingredients:

- 1 medium apple
- 3 strawberries
- 1 Tbsp peanut butter
- 1 Tbsp vanilla, fat-free yogurt

Nutrition Facts	
Serving Size (262g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 24g	
<b>Protein</b> 5g	
Vitamin A 2%	Vitamin C 50%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions:

1. Slice apple into 8-12 slices. Arrange apple slices on a serving plate.
2. Cut the tops off the strawberries and chop.
3. Scoop 1 Tbsp of peanut butter in a small, microwavable bowl. Put in microwave and cook on high (100% power) for about 20 seconds or until peanut butter is thin, but not bubbly. Remove using hot pads.
4. Drizzle the peanut butter over the apple slices.
5. Sprinkle with chopped strawberries and top with 1 Tbsp of yogurt.

## Nutty Green Monsters

### Ingredients:

- 2 green apples, each quartered
- 1-2 Tbsp peanut butter (or other nut butter)
- 32 sunflower seeds, shelled
- 2-3 strawberries, sliced
- 1-2 edible googly eyes per apple bite (for the larger eye use a marshmallow)

### Instructions:

1. Wash apples.
2. Cut each apple into quarters.
3. Cut the middle out of each quarter of the apple in order to create a mouth, as shown in the picture on the front.
4. Spread peanut butter in the gap you just cut out.
5. Place sunflower seeds on the top of where the "mouth" is to resemble the teeth.
6. Place 1 sliced strawberry inside the mouth to resemble the tongue.
7. "Glue" each eye above the mouth, using a dab of peanut butter to make it stick in place.
8. Serve your monsters and enjoy!

\* Recipe adapted from parentingchaos.com

**Wash your apples under cold, running water before eating.**

## Apple Word Search



Find the words from the list below:

BLOSSOM  
CIDER  
COBBLER  
CORE  
CRUNCHY  
GALA  
GREEN

JUICE  
JUICY  
MCINTOSH  
ORCHARD  
PEEL  
PIE  
PINK LADY

RED  
SEEDS  
STEM  
TREE  
WORM



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