



Apple : Varieties and its health benefits

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ABSTRACT : The apple is a pomaceous fruit and has the scientific name, *Malus domestica*. It is part of the rose family rosaceae and is a perennial fruit. China is the world's largest producer of apples. The most common varieties of apples are red delicious and Granny Smith. There are some commercial apple products available in market today *i.e.* apple candy, apple jam, apple jelly, apple juice etc. Apples are a great source of fibre pectin which helps control insulin levels and acts as anti cholesterol. Apples are a rich source of phytochemicals such as quercetin which acts as anti cancer, anti cholesterol and reduced risk of asthma and diabetes. This paper will discuss on apple varieties, its products and health benefits.

KEY WORDS : Apple, Varieties, Products, Pectin, Phyto-chemicals

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