

Purpose

Apples are an invaluable food for Aomori Prefecture and we are interested in various apples.

We also wanted to know about the expected health effects.

Motive

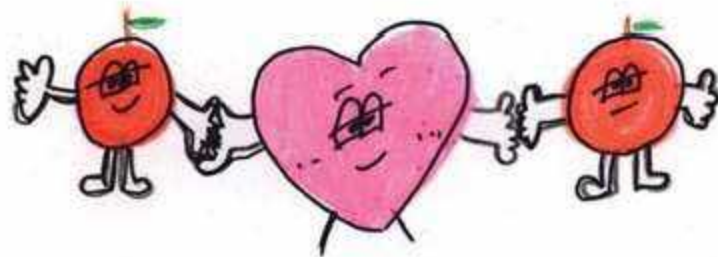
We want people to know more about the apples we usually eat.

We also want to know how the nutrients of apples affect the body.

Summary

We learned a lot about the apples we usually eat. It turns out that it has a positive impact on our health, prevention of multiple cancers among them.

Also, we found the new variety Aori 25 is resistant to disease such as black spot disease.



11-7

11-7

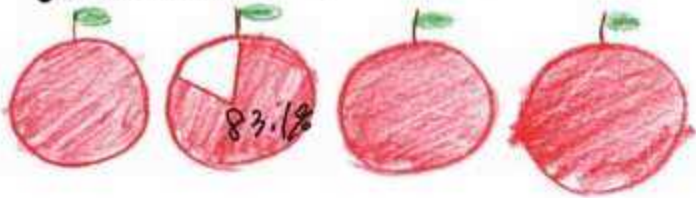
11-7

11-7

1. About Apples

① Apple contains about 80% water

② Apple fiber lowers cholesterol in the blood.




• [Aori 25]

- Harvest time: Late October
- Appearance: Slightly smaller at 250 grams
- Taste: The flesh hardness is 16 pounds and the juice is sour and strong.
- Storability: Storage period is normally refrigerated for about 3 months.

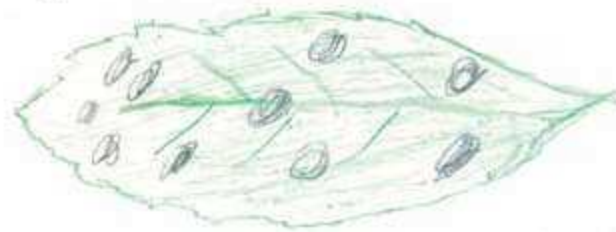
2. Prevention of cancer using apples

Multiple cancer prevention studies show that eating apples is statistically effective for lung cancer, rectal cancer, breast cancer and digestive system cancer.

A good amount of
apple a day
200 g
⇓
1 apple 

3. Aori 25 is resistant to these diseases

① Spotted leaf disease



Spotted leaf disease is likely to occur in leaves and fruits

② Black spot disease



Black spot disease is severely infected when the humidity is relatively low and the humidity is high