Apples contain antioxidants, vitamins, dietary fiber, and a range of other nutrients. Due to their varied nutrient content, apples can be a healthy addition to a balanced diet.

Apples come in a variety of shapes, colors, and flavors. They provide a range of nutrients that can benefit many aspects of a person’s health.

Eating a diet rich in a variety of fruits and vegetables, including apples, may help reduce the risk of several conditions, such as:

* [cancer](https://www.medicalnewstoday.com/info/cancer-oncology/)
* [obesity](https://www.medicalnewstoday.com/info/obesity/how-much-should-i-weigh.php)
* [heart disease](https://www.medicalnewstoday.com/articles/237191.php)
* [diabetes](https://www.medicalnewstoday.com/info/diabetes/)

This article looks at the nutritional content of apples and how they may benefit a person’s health.

**Benefits**

Apples are rich in [fiber](https://www.medicalnewstoday.com/articles/146935), [vitamins](https://www.medicalnewstoday.com/articles/195878.php), and minerals, all of which benefit human health. They also [provideTrusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8871014/) an array of [antioxidants](https://www.medicalnewstoday.com/articles/301506). These substances [helpTrusted Source](https://www.ncbi.nlm.nih.gov/books/NBK541064/) neutralize [free radicals](https://www.medicalnewstoday.com/articles/318652).

Free radicals are reactive molecules that can build up as a result of natural processes and environmental pressures. If too many free radicals accumulate in the body, they can cause [oxidative stress](https://www.medicalnewstoday.com/articles/324863). This can lead to cell damage. Cell damage can contribute to a range of conditions, including cancer and diabetes.

Apples are an [important sourceTrusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8145694/) of antioxidants considering their widespread consumption, particularly in Northern Europe and the United States.

The sections below look at previous research into apples’ potential health benefits.

[Learn more about good dietary sources of antioxidants.](https://www.medicalnewstoday.com/articles/325873.php)

**Improve mental health**

Eating a diet rich in fruits, such as apples, may benefit a person’s mental health.

A [2020 systematic reviewTrusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7019743/) found that consuming fruits and vegetables may have a positive impact on a person’s mental health. Researchers recommended a person eat at least five portions of fruit and vegetables a day to get the benefits.

A [2019 studyTrusted Source](https://pubmed.ncbi.nlm.nih.gov/30353410/) involving immigrants in Canada found that a higher intake of fruit and vegetables lowered the participants’ odds of experiencing anxiety and mood disorders. Participants also reported an increase in good mental health.

[What is the best diet for mental health? Find out here.](https://www.medicalnewstoday.com/articles/327335)

**Reduce the risk of stroke**

Apples contain many nutrients that may lower the risk of [stroke](https://www.medicalnewstoday.com/articles/7624). One [2017 research reviewTrusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5731843/) found, for example, that people who consume the most fiber appear to have a lower risk of:

* [cardiovascular disease](https://www.medicalnewstoday.com/articles/257484)
* [coronary heart disease](https://www.medicalnewstoday.com/articles/184130.php)
* stroke

A medium-sized apple around 3 inches in diameter and weighing 169 grams (g) provides [4.06 gTrusted Source](https://fdc.nal.usda.gov/fdc-app.html#/food-details/168202/nutrients) of fiber. That is around [11–14%Trusted Source](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf) of an adult’s daily requirement, depending on their age and sex.

[What are the benefits of eating a nutritious diet? Learn more here.](https://www.medicalnewstoday.com/articles/322268.php)

**Lower cholesterol**

A [2019 studyTrusted Source](https://academic.oup.com/ajcn/article/111/2/307/5675325) found that eating two raw apples per day for 8 weeks lowered levels of [cholesterol](https://www.medicalnewstoday.com/articles/9152.php) among healthy people. However, drinking clear apple juice did not have the same impact.

Study authors therefore concluded it is the fiber in apples that helps reduce cholesterol.

[Get some more tips for lowering cholesterol.](https://www.medicalnewstoday.com/articles/325113.php)

**Boost heart health**

Apples contain fiber, vitamin C, and antioxidants. A medium-sized apple [providesTrusted Source](https://fdc.nal.usda.gov/fdc-app.html#/food-details/1102644/nutrients) the following:

* 11–14% of a person’s [daily fiberTrusted Source](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf) needs
* 10% of a person’s daily vitamin C needs

Fiber appears to help manage [blood pressure](https://www.medicalnewstoday.com/articles/270644.php), which may reduce the risk of cardiovascular disease.

Vitamin C is an antioxidant that, alongside other antioxidants, may [play a roleTrusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5000725/) in protecting some aspects of heart health.

Vitamin C is also necessary for proper immune function, which may help defend the body from [infections](https://www.medicalnewstoday.com/articles/196271) and diseases.

[What other foods can help lower blood pressure?](https://www.medicalnewstoday.com/articles/322284.php)

**Lower the risk of diabetes**

A 2021 study found that people who included whole fruits, such as apples, in their diet had a [36%](https://academic.oup.com/jcem/article/106/10/e4097/6290732) lower risk of developing [type 2 diabetes](https://www.medicalnewstoday.com/info/diabetes/type2diabetes.php) at 5 years than those who did not eat fruit.

People who consume the most fiber have a lower risk of developing type 2 diabetes, according to the [Centers for Disease Control and Prevention (CDC)Trusted Source](https://www.cdc.gov/diabetes/library/features/role-of-fiber.html). People who already have diabetes and eat a high fiber diet may also have lower blood sugar levels.

The [American Diabetes Association](https://www.diabetes.org/nutrition/healthy-food-choices-made-easy/fruit?language_content_entity=en) recommends eating fresh fruit, including apples, to satisfy a sweet tooth and provide [nutrition](https://www.medicalnewstoday.com/articles/160774.php). However, the organization reminds people to account for the [carbohydrate](https://www.medicalnewstoday.com/articles/161547.php) content in the fruit.

A 100 g portion of raw Granny Smith apple contains [13.2 gTrusted Source](https://fdc.nal.usda.gov/fdc-app.html#/food-details/1750342/nutrients) of carbohydrate, of which 10.6 g is sugar. However, it also provides dietary fiber and other nutrients. This means that, as a sweet snack, it has additional health benefits.