MedicalXpress

Apples, apple juice shown to prevent early atherosclerosis

May 3 2008

A new study shows that apples and apple juice are playing the same health league as the often-touted purple grapes and grape juice. The study was published in the April 2008 issue of *Molecular Nutrition and Food Research*.

Researcher Kelly Decorde from the Universite Montpelier in France was part of the European research team that found apples have similar cardiovascular protective properties to grapes. The researchers also observed that processing the fruit into juice has the potential to increase the bioavailability of the naturally-occurring compounds and antioxidants found in the whole fruit.

Using a variety of established analytical techniques, aortic plaque was evaluated to determine the effectiveness in decreasing plaque that is associated with atherosclerosis.

According to the research, “This study demonstrates that processing apples and purple grapes into juice modifies the protective effect of their phenolics against diet induced oxidative stress and early atherosclerosis in hypercholesterolemic hamsters.”

Researchers also noted, “These results show for the first time that long-term consumption of antioxidants supplied by apples and purple grapes, especially phenolic compounds, prevents the development of atherosclerosis in hamsters, and that the processing can have a major impact on the potential health effects of a product.”

In summary, the researchers stated that their work would help provide encouragement that fruit and fruit juices may have significant clinical and public health relevance.

Source: U.S. Apple Association

Citation: Apples, apple juice shown to prevent early atherosclerosis (2008, May 3) retrieved 20 March 2024 from https://medicalxpress.com/news/2008-05-apples-apple-juice-shown-early.html

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.