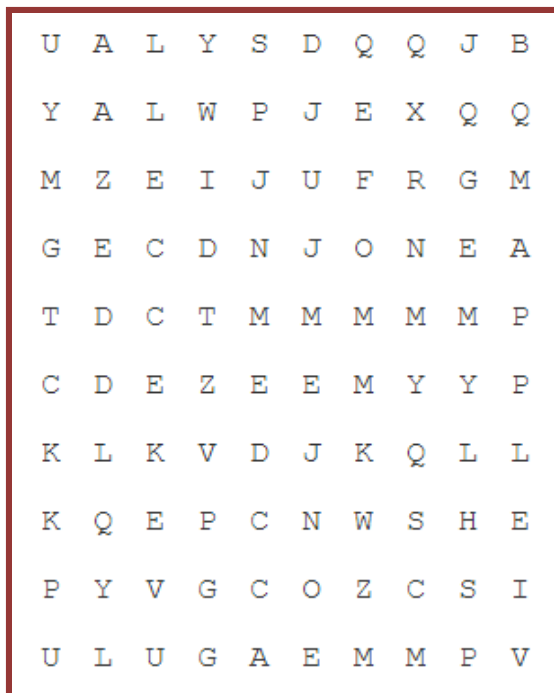


FUJI APPLE

Fuji apples were developed in the late 1930s by growers in Japan. Fuji apples are a cross between two classic American apple varieties- Red Delicious and Virginia Ralls Janet. Fuji apples are crisp and very juicy and are known as the sweetest apple around.



Can you find these words?

Apple | Fuji | Sweet | Red



Nutrition Information

There are less than 100 calories in an apple.
Apples are free of fat, sodium, and cholesterol.

Apples are full of vitamin C.

An apple contains 4 grams of dietary fiber, which is 17% the daily recommended value for Americans.

Apples contain boron, a mineral that helps protect your bones.