

A Guide to Fall Food

BY APAGE

It's hard to say **goodbye** to the fresh flavors of summer, but **autumn** ushers in a **wealth** of **healthy** and **tasty** seasonal foods as well.

PUMPKIN

THE BENEFITS

Pumpkin has become synonymous with autumn, which is great, considering the nutritional benefits.

Vitamin C- Helps antioxidant function and iron absorption

Vitamin A- Aids growth and development

Folate- Boosts cell renewal and fetal development



DIET TIP

You can buy pumpkin canned or you can roast it yourself. Try pumpkin bisque or pumpkin squash risotto for a taste of fall.



SQUASH

THE BENEFITS

Squash come in all shapes and varieties (pumpkins, in fact, are a form of squash). Depending on the type, squash is an excellent source of:

Vitamin A- Aids growth and development

Vitamin C- Helps antioxidant function and iron absorption

Potassium- Good for blood pressure and muscle performance

Fiber- Aids digestion



DIET TIP

Choose a squash that feels heavy for its size. The skin should be thick and hard without blemishes. Squash is excellent by itself, or eaten in salads, soups or pilafs.



RUTABAGA

THE BENEFITS

They are not much to look at, but rutabagas are an excellent source of:

Vitamin A- Aids growth and development

Vitamin C- Helps antioxidant function and iron absorption

Fiber- Aids digestion

Potassium- Good for blood pressure and muscle performance



DIET TIP

Look for a rutabaga with smooth, thick skin. It should feel heavy for its size. They pair up well with strongly flavored meats, such as lamb or beef stew.



SWEET POTATOES

THE BENEFITS

These sweet autumn gems are wonderful sources of:

Vitamin A- Aids growth and development

Vitamin C- Helps antioxidant function and iron absorption

Vitamin B-6- Maintains healthy brain function and mood regulation

Copper- Maintains red blood cell and bone health



DIET TIP

Look for sweet potatoes that are firm, with tapered ends. Avoid potatoes with blemishes or signs of decay. They can be eaten in many ways including casseroles, baked chips and soups.



BEETS

THE BENEFITS

Beets are an underrated root vegetable which are a great source of:

Folate- Boosts cell renewal and fetal development

Potassium- Good for blood pressure and muscle performance

Vitamin C- Helps antioxidant function and iron absorption

Betaine- Aids cardiovascular health



DIET TIP

Beets are very versatile in sweet or savory dishes. Raw or roasted beets can be added to a lot of dishes and can take the spotlight in vegetarian entrees.



APPLES

THE BENEFITS

Apple-picking is not only a classic fall activity, but the fruits of your labor are packed with these nutrients:

Fiber- Aids digestion

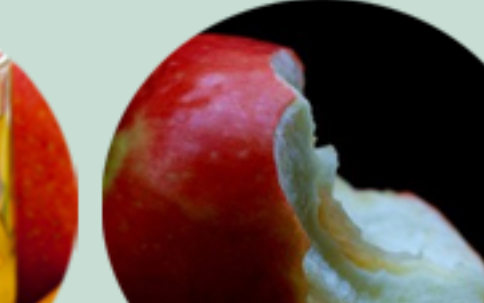
Vitamin C- Helps antioxidant function and iron absorption

Potassium- Good for blood pressure and muscle performance



DIET TIP

Apples are excellent by themselves or baked. Different varieties are ideal for different uses: Gala apples are good for applesauce and Jonathan apples are good for baking.



CLEMENTINES

THE BENEFITS

A refreshing citrus flavor is a welcome addition to the fall food list, and they're also an excellent source of:

Vitamin C- Helps antioxidant function and iron absorption

Fiber- Aids digestion

Folate- Boosts cell renewal and fetal development



DIET TIP

These mini oranges are easy to grab for an on-the-go snack. They can be used to compliment pork dishes.



CRANBERRIES

THE BENEFITS

This pretty little berry is an excellent source of:

Vitamin C- Helps antioxidant function and iron absorption

Fiber- Aids digestion

Manganese- Good for bone health

Vitamin K- Aids blood coagulation



DIET TIP

Unless you are prepared for a mouthful of sour, avoid eating them raw. Look for cranberries that are shiny and not shriveled. They taste great in baked goods.



PEARS

THE BENEFITS

This sweet and nutritious fruit is an excellent source of:

Vitamin C- Helps antioxidant function and iron absorption

Fiber- Aids digestion

Vitamin K- Aids blood coagulation



DIET TIP

Pear varieties will vary slightly in color, but all pears should give a little when you squeeze them. Pears are great accompaniments to salads and are very good roasted or poached.



POMEGRANATES

THE BENEFITS

Pomegranate juice has enjoyed a rise in popularity in recent years, but its seeds are an overlooked source of:

Vitamin C- Helps antioxidant function and iron absorption

Iron- Aids hemoglobin formation

Vitamin B-6- Maintains healthy brain function and mood regulation



DIET TIP

Select a pomegranate that is heavy for its size and very plump. The top should be slightly soft when pressed and the skin should shine. Use the juice to flavor soups and desserts and add the seeds to salads.

