A Guide to Fall Food

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 complement 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 varietals 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.