

Fall is a great time to enjoy fresh fruits and vegetables. Many fruits and vegetables are at their best during this season, offering different flavors and health benefits.

Pumpkins

Pumpkins are not just for Halloween decorations. They can give your diet a health boost! Pumpkins have beta-carotene, which your body turns into vitamin A. Vitamin A helps protect your eyes. Pumpkins are rich in vitamin C, potassium, and fiber, which is great for your heart and immune system. Be careful with pumpkin-flavored foods because many of them have a lot of added sugars, refined carbs, and fat. You can roast pumpkins as a side or add them to salads or grain bowls. You can also use the canned pureed version in soups and stews. Just make sure that the only ingredient in the canned pumpkin is pumpkin.

Apples

In the fall, apples are a great fruit to enjoy. They are full of fiber, flavonoids, and vitamin C, which can help boost your immune system and keep you feeling full. The best way to eat apples is fresh and whole because the skin has most of the fiber and flavonoids. If you choose dried apples, applesauce, or apple juice, be careful of added sugars. You can eat apples raw with nut butter or cheese, add them to a salad, bake them with a sprinkle of cinnamon, or even make crunchy chips in the air fryer.

Cranberries

Cranberries are sour fruits that are rich in fiber and vitamin C. They have antioxidants that can help reduce blood pressure and improve heart health. Add dried cranberries to a mix of nuts, use them to top plain yogurt to sweeten it or in a salad. You can also mix cranberry juice with sparkling water. Fresh cranberries can be used in sauces, muffins, or added to cooked oatmeal. Since fresh cranberries are sour, sugar is often added to cranberry products like cranberry juice and dried cranberries. Look for products without added sugar.

Sweet Potatoes

Sweet potatoes are a cheap and easy-to-prepare food. They are packed with nutrients like vitamin B6, vitamin C, and potassium. The orange sweet potatoes are high in beta-carotene, which is good for your eyes, immune system, and heart. The purple sweet potatoes have anthocyanins, which also offer health benefits. A cup of mashed sweet potato contains eight grams of fiber. You can bake, mash, or make fries with sweet potatoes for a tasty and nutritious meal.

Brussels Sprouts

Brussels sprouts are loaded with nutrients like fiber, vitamins C and K, and antioxidants. These help protect against heart disease and support overall health. You can cook Brussels sprouts by steaming them or in a stir fry.

Pomegranates

Pomegranates can help lower blood pressure, improve heart health, and fight cancer. They are high in vitamin C, potassium, and fiber. Enjoy pomegranate seeds as a healthy snack or add them to yogurt, salads, oatmeal, and grain bowls.

Eat these seasonal fall produce for fresh, nutritious foods that support your health.

