

# Healthy Fall Foods



## 1. Sweet Potatoes

- **Benefits:** Rich in fiber, vitamins A and C, and antioxidants.
- **Ideas:** Baked sweet potato fries, mashed sweet potatoes, or sweet potato soup.

## 2. Brussels Sprouts

- **Benefits:** High in vitamins K and C, fiber, and antioxidants.
- **Ideas:** Roasted Brussels sprouts, Brussels sprouts salad, or sautéed with garlic.

## 3. Apples

- **Benefits:** Good source of fiber, vitamin C, and various antioxidants.
- **Ideas:** Apple slices with peanut butter, baked apples, or apple cinnamon oatmeal.

## 4. Pumpkins

- **Benefits:** High in vitamins A and C, potassium, and fiber.
- **Ideas:** Pumpkin soup, roasted pumpkin seeds, or pumpkin pie (with a healthy twist).

## 5. Kale

- **Benefits:** Packed with vitamins A, K, and C, calcium, and antioxidants.
- **Ideas:** Kale chips, kale salad, or added to soups and stews.

## 6. Butternut Squash

- **Benefits:** Rich in vitamins A and C, fiber, and potassium.
- **Ideas:** Roasted butternut squash, butternut squash soup, or added to casseroles.

## 7. Pears

- **Benefits:** Good source of fiber, vitamin C, and copper.
- **Ideas:** Fresh pears, pear salad, or poached pears.

## 8. Cranberries

- **Benefits:** High in vitamins C and E, fiber, and antioxidants.
- **Ideas:** Fresh cranberry sauce, added to salads, or in smoothies.

## 9. Beets

- **Benefits:** Rich in fiber, folate, and manganese.
- **Ideas:** Roasted beets, beet salad, or beet soup.

## 10. Pomegranates

- **Benefits:** High in vitamins C and K, fiber, and antioxidants.
- **Ideas:** Pomegranate seeds in salads, yogurt, or as a snack.



Enjoy these seasonal delights and stay healthy this fall! 🍂

