

LOVE YOUR BODY WITH
Fall Superfoods



**Creating
Legacy
Wellness**

13 SUPERFOODS FOR THE FALL

Superfoods are identified as a type of food that contains more nutrients than the average food. They encompass a variety of fruits and veggies, as well as some nuts and seeds. This report is not only going to talk about superfoods but give you a list of ones available during the fall season.

1. APPLES

As one of the most popular fruits of all time, it's no wonder that the apple has been a part of some of the most famous food dishes of all time. With its sweet or tart taste, apples have carved their way into the heart of people everywhere, but what are its true benefits? As it turns out, science has discovered that apples contain several essential chemicals that are vital to human health and survival. Not only are they great for nourishment, they are also great at protecting the human body against cellular anomalies caused by free radicals that can often manifest in the form of deadly cancers. They are high in fiber, and provide us with flavonoids, that contribute heavily to heart health.

The skin of apples is very useful to the body because they have the ability to help remove plaque from the intestinal tract. This prevents all sort of ailments that could easily take place if left unchecked, because some foods that are gummy can leave a residue that forms pockets in the intestinal wall. These pockets could lead to small holes that release bits of waste into the abdomen, and that is not something that you would want.

2. BUTTERNUT SQUASH

This winter squash has such a thick skin it could last for months. They are popular for their alluring texture and their sweetness which pairs well with a variety of other popular fall seasonings. Two of the most prominent of the seasonings include cinnamon and ginger. Butternut squash is packed with omega-3 fatty acids, and is an excellent source of vitamin A. It's low in fat, and delivers an ample dose of dietary fiber, making it an exceptionally heart-friendly choice, because it can help to lower cholesterol. It provides significant amounts

of potassium, important for bone health, and vitamin B6, essential for the proper functioning of both the nervous and immune systems.

Butternut squash is great for limiting inflammation of the bowels, and the intestines. It's folic acid content however plays a very important hand in pregnancy because it helps to prevent certain types of birth defects.

3. PUMPKIN

During the fall months, homes and stores become filled with all sorts of fall imagery, and so the sight of paper pumpkins is never absent during these months, but far beyond being a simple decoration, pumpkins are an ideal squash that can be used in all sorts of baked goods like cakes and pies.

Sometimes, it's even used in pudding. They are high in fiber, containing more than 20% of your daily recommended dose, and a great source of b vitamins. The B vitamins and fiber make the pumpkin valuable ally against high blood pressure and strokes, thus protecting the heart over a period of time, and the seeds can be baked and salted, turning them into a delicious snack that can make it possible for you to enjoy this winter squash for months to come.

Studies have shown that pumpkins can prevent bone loss and reduce kidney stones.

4. PEARS

Pears are one of the sweeter tree fruits, and they are often used as an alternative to apples. You can try baking them or even boiling them and turn them into a rich sauce that you can enjoy as a snack. They are very high in fiber, deliver a useful amount of vitamin C, and they contain some important minerals for keeping the body running, but even though they carry great nutrition they still have a relatively low-calorie content, which makes them a great fruit to eat if you are restricting your caloric intake.

Boiling this kind of fruit can also make them soft enough to turn them into baby food that infants love and is a good choice because it is less likely to upset a baby's stomach.

5. CRANBERRIES

These slightly bitter berries have had a massive role in human reproductive health for a few thousand years. In those times, early people depended heavily on the existence of the berry to provide them with medicines, food and decorative dyes that they used in their traditional clothing.

Cranberries boost immune functionality and are very high in antioxidants. This is very helpful to people because they can help to fight off the free radicals that not only cause cancer, but also cause premature aging in adults. Antioxidants also help the body to use oxygen more efficiently, which helps bring a healthier glow to the skin, and other important vital organs.

Cranberries are heavily associated with the prevention of urinary issues. Cranberry is an effective cleanser of the small intestines.

6. CAULIFLOWER

Cauliflower is a very interesting plant. It has a slightly nutty flavor that makes it a great vegetable to pair with other winter dishes, and it can be mashed into a mashed potato-like texture. In recent years, people have even discovered a way to use it to make a sort of dough that can be used to make delicious pizzas. You can even put it into a food processor and use it instead of rice!

Cauliflower is high in vitamin C, vitamin K, omega-3 fatty acids, and minerals like choline and phosphorus. They also fall on the list of vegetables that are a great source of iron and manganese. As people become more adventurous with this whitish vegetable, it'll be exciting to see what people come up with next.

Studies have shown that cruciferous vegetables are known to have effects on cancer, and that includes cauliflower.

7. BRUSSELS SPROUTS

The popularity of this vegetable is a complete testament to how much the tastes of people change as they become older. It's not uncommon for a person to love brussels sprouts once they try them the right way as an adult, when they formerly feared and avoided them.

These veggies resemble tiny cabbages as they are from a similar family and taste great when prepared and served properly. They are best served with savory sauces like vinaigrettes and are a great source of iron and folate. They are full of fiber and an array of essential trace minerals and vitamins.

Studies on Brussels Sprouts are currently being conducted to discover its effects on cancer.

8. POMEGRANATE

This delicious fruit has a long tasty history with civilizations of ancient times. It has very high levels of antioxidants that make it a very useful plant to have around. Pomegranates are also anti-viral. They are full of very important vitamins and minerals and it dwarfs the number of antioxidants found in wine or tea. This fruit can be eaten when the seeds are removed, but it is currently the most popular when consumed in juice. There are a wide variety of these juices available to purchase at the grocery store.

This high dose of antioxidants will be great in the push to protect the body against free radicals.

9. SWEET POTATOES

Sweet potatoes are ultra-high in fiber and deliver an incredible amount of trace minerals that are needed to sustain daily life functions. They are an excellent starch that can be paired with a protein. They are also extremely high in manganese, copper, potassium, and niacin.

Sweet potatoes can be baked or mashed with ease and taste great on their own! They are easily cooked by boiling, baking, toasting or roasting them. They can be fried like regular potato fries and contain a great deal more nutrients than regular potatoes. They contain enough nutrients for a human to be able to sustain themselves for quite some time before becoming vitamin deficient.

Sweet potatoes contain enough antioxidants to aid in the fight against cancer. This is because the proteins contained in sweet potatoes inhibit the growth of cancer cells and make it difficult for them to reproduce.

10. CARROTS

As far as root vegetables go, carrots are among the most well-known and nutritious. Carrots provide a lot of the flavor when used in soups and salads. They can be cooked in a lot of ways and carry many of the nutrients from the ground into the bodies of those who eat them.

They give you many amazing minerals and no less than 10 grams of protein, 7 grams of fiber, Vitamins A and C, Omega-3s, and beta-carotene which is important for keeping your DNA from becoming damaged, particularly in the skin. Carrots are also a good source of antioxidant agents.

Furthermore, they are rich in vitamin A, Vitamin C, Vitamin K, vitamin B8, pantothenic acid, folate, potassium, iron, copper, and manganese.

Studies carried out by several research groups confirm that people who eat a lot of carrots are less likely to develop colon cancer because of the two-fold situation of receiving important nutrients that fight cancer and also keeping the colon cleaned out.

11. LEEKS

Members of the onion and garlic family are great for the blood and tend to be some of the most versatile vegetables. Leeks bring a lot of flavor to any dish that you might get brave enough to try. They are very good source of manganese, vitamin B6, copper, iron, folate and vitamin C. Leeks are also a good source of

vitamin A (in the form of carotenoids, dietary fiber, magnesium, vitamin E, calcium and omega-3 fatty acids.

Leeks can be cooked relatively quickly. They boil within 10 minutes and can be grilled and steamed with ease.

Leeks are high in fiber and can help you to fight both cancer and help you to prevent heart disease and stroke.

12. PARSNIPS

Parsnips are sort of like the turnip's much cooler cousin. Parsnips however are much milder in flavor; therefore, it is easier to eat and will pair with more types of food more easily.

Parsnips contain potassium, manganese, magnesium, phosphorous, zinc, and iron, in addition to an impressive range of vitamins, including vitamin B, vitamin C, vitamin E, and vitamin K, as well as high levels of fiber and some protein.

Parsnips are great at preventing constipation, fighting cancer and reducing the cholesterol in your blood. This prevents several different types of heart disease like stroke and heart attack.

13. DATES

Dates have been mentioned as a beloved food dating (no pun intended!) back thousands of years. With heavy use in the Middle East and Mediterranean areas, these sweet fruits have left a profound mark spanning hundreds of generations. Dates are well known for being high in fiber and low in fats.

They are an excellent source of potassium, and help to support weight loss, heart health, and sexual function. In earlier times, dates were known to help with iron deficiency in people, and high enough in iron to even help to firm up stools and prevent diarrhea, which would be a great resource to prevent dehydration when traveling long distances through desolate areas.

I want to congratulate you on learning about Superfoods to help nourish your body this fall!

Looking for additional ways to be supported on your Wellness Journey?

Reach out to me at Kim@creatinglegacywellness.com or check out my website at www.creatinglegacywellness.com for more information!



Kim Goeltom, Certified Master Wellness Coach