

Reaping Robustness: Enjoying the Colorful Foods of Autumn

Fall is the perfect time of year to enjoy wonderful fruit and vegetables from the farm. As the days grow cooler, the fall harvest arrives with apples, pears, squash, pumpkins, cabbage, broccoli and Brussels sprouts. Shopping at farm stands in the countryside and farmer's markets in the city is a great way to support local agriculture and help preserve open fields.

The vibrant red, orange, yellow or green colors of fall fruits and vegetables give us a chance to reconnect with nature. The harvest is brimming with flavor and nutrition, making the choices listed above superfoods.

For example, the bright orange of a pumpkin or squash signals these fall favorites are high in carotenoids. Carotenoids have antioxidant effects that support overall health and can help reduce inflammation. Reducing inflammation is an important step in losing weight, as we explain in our book *The Fat Resistance Diet*.

Another favorite of the season is the apple. The amazing aroma of apples captures the essence of crisp autumn air and meals enjoyed together. Apples make a healthy snack or dessert and contain vitamin C, fiber and quercetin. Quercetin is excellent for detoxification.

To get the most out of apples and the other fall harvest fruits and vegetables, enjoy them without added sugar, butter or cream. Aromatic spices such as cinnamon and cloves are a classic combination with the fall harvest fruit and vegetables. We use these spices in the recipes in our book for their flavor and health benefits. For instance, we like to have unsweetened applesauce sprinkled with cinnamon or simply sliced apples with cinnamon.

For delicious recipes and information about adopting a healthy lifestyle, visit .

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