Fall has finally arrived! What better way to jump start seasonal festivities than with the functional foods of fall. From pumpkins to sweet potatoes to apples, the options are endless. To help jump start your day and keep you going through the cooler months, these seasonal favorites are full of vitamins and minerals to support overall immune health. At effective levels, functional foods along with fortified, enriched, or enhanced foods have a potentially beneficial effect on health when consumed as part of a varied diet on a regular basis.

Pumpkins are a great fall food! Not only do they contain beta carotene, an antioxidant, but they also contain vitamin A and magnesium, which help to regulate cell function, muscle function and immune health. Pumpkin seeds are the perfect fall snack and can be easily blended into a smoothie, roasted and tossed into a salad, or added to soups to increase nutrient content and flavor. Apples are not only low in calories, but they are also packed with nutrients. They contain flavonoids, which help to maintain heart health. Apples are also rich in vitamin A, vitamin C, phosphorus, potassium, and calcium, which all have positive health benefits. Apples can be incorporated into various types of meals, allowing you to be as creative as you want. For a healthy dessert, try a baked apple with an oat, cinnamon, and brown sugar crisp topping! Lack color in your dishes? Add some sweet potatoes, which are full of many vitamins and antioxidants. Use canned, frozen or whole sweet potatoes in baked goods, soups and more to create savory fall meals or snacks. Now be adventurous this season and taste the delicious flavors of fall!

References:
