

10 Superfoods to Consume During the Fall Season

By: Yanjun, Natural News

There are superfoods that deserve the name. These special edibles can battle various illnesses like cancer, high cholesterol, heart disease, and other evil diseases that beset man. Blueberries, for instance, can easily knock off free radicals in the body with the powerful antioxidants that they possess.

Going for Natural Foods in Autumn

The fact is that nature provides people with superfood molecules and substances that work wonders for the body one way or the other. It is a reality that certain produce are abundant at specific times of the year. Diet and nutrition can be seen with a seasonal approach. Including fruits and vegetables that are in season in one's diet can provide the freshest and most delicious natural flavors of the season. The following foods are best during autumn:

Sweet Potatoes and Pumpkin

It is easy to fall in love with the flavors and huge amounts of vitamin A that come from items belonging to the "dark orange veggies" family. Sweet potatoes richly boast potassium, calcium, vitamin C and antioxidants. Other standouts in this group are butternut squash, carrots and pumpkins.

Cruciferous Vegetables

These vegetables help in maintaining a good and healthy memory through the coming years. The suggestion came from research which found women who ingest these foods in adequate amounts to have the sharpest memory.

The food items from this group include turnips, collards, Brussels sprouts, cauliflower, kale, cabbage and broccoli. In addition to their ability to fortify memory, cruciferous vegetables can fight cancer through their natural ingredients called "indole alkaloids." People can also get vitamins, minerals, antioxidants and fiber from these juicy vegetables.

Pomegranates

Pomegranates are powerhouses of antioxidants that specifically work to protect the brain and boost memory. Research has also shown that they can prevent hardening and thickening of arteries.

Beets

Beets are beneficial in two great ways. First, they are rich in folate, or folic acid, a nutrient that prevents embryonic defects in the neural tube. For pregnant women, beets should be considered. Second, beets

contain a certain betacyanin found to possess a cancer-fighting ability. They are particularly useful in preventing and treating colon cancer.

Alliums

Alliums are good for eliminating carcinogens and other toxins that harm the liver. Research suggests that they also help in some cases of cancer and heart diseases. Shallots, chives, scallions, leeks, onions and garlic are prominent member of the *Allium* genus.

Beans

Take advantage of the inexpensiveness and cooking versatility of beans. These food items are packed with complex carbohydrates, dietary fiber, potassium, folic acid, antioxidants and protein.

Olive Oil

People who are at risk of heart disease have got good news about olive oil to be happy about. Research on olive oil-rich Mediterranean diets shows that olive oil can cut the risk of death for heart disease patients by about 50%. This stems from the fact that olive oil contains monosaturated fats. Olive oil also contains antioxidants.

Tea

One good thing about tea is it contains heart-supportive antioxidant catechins. This antioxidant is credited for its ability to strengthen arterial walls and hinder blood clotting.

Red Wine/Grape Juice

Grapes have substantial amounts of vitamins such as B6, B1 and C, but they are more celebrated for the phytochemicals that they contain - in particular, the phenolics. Phenolics, sourced from the skin of grapes, decrease the risks of developing heart diseases. One of such phenols is resveratrol, a natural compound that has anti-inflammatory, anticancer and antioxidant properties.

Conclusion

During fall, these are the natural food products that people should definitely turn their attention to. With all the powerful, natural ingredients that they contain, it's time to shift from expensive, meat-filled diets to ones full of natural fruits and vegetables. These superfoods are what the body deserves.

Sources for this article include:

<http://www.health.com>

<http://www.dailymail.co.uk>