

DIETITIAN'S PICKS

These are our dietitian's picks for your next farmer's market or supermarket trip based on cost and nutrient density.

VEGGIES

BRUSSELS SPROUTS

These baby cabbages deserve a whole post! To keep it short, brussel sprouts are low in calories with high vitamin and fiber content. One cup has over 200% of your daily vitamin K requirement and 4 grams of fiber (16% of your daily fiber needs).

CAULIFLOWER

This low-carb superstar can be used to replace pizza crust, toast, and even rice! Cauliflower is high in choline, a nutrient involved in brain development and metabolism. Cauliflower also has sulforaphane, a recently popular antioxidant being studied for its anti-cancer effects.

PARSNIPS

This often-neglected root veggie is slightly sweet and provides vitamin C, manganese, potassium and folate. Try swapping sweet potato fries for parsnip fries!

KALE

Kale is trendy for good reasons. Its dark green color comes from lutein and zeaxanthin, antioxidants essential to eye health. Kale is also rich in fiber, calcium, zinc, and potassium. A whole cup of kale has about 30 calories, making it a great option to maximize nutrients with low calories!

FRUITS

RASPBERRIES

These little gems taste the sweetest in the fall and pack a huge punch of antioxidants to fight off school-time colds. They also have quercetin and gallic acid which may have cancer fighting properties.

PEARS

A single pear has about 18% of your daily fiber requirement! Depending on their color and size, pears can have different levels of fiber and antioxidants like leutin, beta-carotene, and zeaxanthin. Pair ripe pears with cheese or enjoy poached for a warming fall dessert!

CRANBERRIES

Cranberries usually come in cans, try them fresh for a unique texture. Cranberries are known for their anti-UTI benefits, but also contain compounds that aid in blood pressure control and immune function.



DIY RECIPE

Cranberry Sauce:

(Adapted from Food Network)

1. Empty 12 oz of fresh cranberries into a saucepan then transfer 1/2 cup to a small bowl.
2. Add 1 cup sugar (can reduce depending on desired taste!), 1 strip orange or lemon zest and 2 tablespoons water to the pan.
3. Cook over low heat, stirring occasionally, until the sugar dissolves and the cranberries are soft, about 10 minutes.
4. Increase the heat to medium and cook until the cranberries burst, about 12 minutes.
5. Reduce the heat to low and stir in the reserved cranberries.