Announcer ([00:03](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=3.47)):

The Missouri State Journal, a weekly program, keeping you in touch with Missouri State University.

Emily Yeap ([00:10](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=10.47)):

As fall approaches, there are many in season produce packed with nutrients you can add to your diet.

These fall superfoods include items from apples to butternut squash to pomegranates and pumpkins. I’m Emily Yeap.

Joining me today to talk about superfoods and highlight a few good choices for the fall is registered dietitian [Natalie Allen](https://search.missouristate.edu/people/natalieallen). She’s also clinical assistant professor in the [Department of Public Health and Sports Medicine](https://phsm.missouristate.edu/) at Missouri State University.

Natalie Allen ([00:41](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=41.18)):

Superfoods are any item that has a lot of nutrition and a little bit of the product. Generally, they're things with color like colorful fruits and vegetables. They're high in antioxidants. They're high in fiber. They're rich in vitamins and minerals.

How can we pack our diet with superfoods and then in turn, the superfoods help prevent us from getting certain illnesses or keeping us healthy. So superfoods we know lower your risk of cancer. They help you potentially have a lower blood pressure. They are heart protective and good for your heart. Super foods are not things you've never heard of. They're probably things you might have growing in your garden or things you see in the grocery store right now. Buying the superfoods that are in season, you're gonna get better quality and they're also gonna be cheaper.

Emily Yeap ([01:28](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=88.4)):

What are a few superfoods to stock up on this fall?

Natalie Allen ([01:32](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=92.24)):

Generally fruits and vegetables are some of the most nutritious foods that we can add to our diets. And when we're looking at the fall, things like apples. Apples is a superfood. It has probiotics in it. It has soluble fiber. It has some vitamins. Could you add it to a salad? Could you dip it in a yogurt, peanut butter dip for a good snack?

Other good fall superfoods that come into play would be, for example, brussel sprouts. Those are more common in the fall and people are always intimidated. How do I roast those? Or what do I do with these? Roasting them is probably one of the best ways to cook 'em and then drizzle them with a little bit of olive oil or avocado oil. Cook 'em at a really high temperature and then add a fun glaze to it like a teriyaki glaze or a sweet chili glaze.

When I make 'em at my house, I might toss in a few walnuts, which are another superfood, so that ups your antioxidant, that adds protein. It's giving you different minerals by adding the walnuts. That's an easy way. You can also shave brussel sprouts and put 'em in a salad. And then look at the color in your salad and add superfoods. Add carrots, add red pepper or berries. That's a great way to make a salad that's a superfood and have your base of your salad be spinach or a leafy green that has a dark color to it.

Emily Yeap ([02:47](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=167.94)):

Don't leave out pumpkins.

Natalie Allen ([02:49](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=169.84)):

Pumpkin is a great option because it's high in vitamin a. So it's also considered a really nice superfood. The great thing about pumpkin is it can be a savory item or it can be a sweet item. So of course we think of pumpkin pie or pumpkin bread or pumpkin muffins. It's a really good way to add moisture and nutrition to a baked good.

If you're looking at savory, one of the best ways to use pumpkin is to put a can of pumpkin in chili. You're like, wait, what? It's actually really good. And it adds a lot of flavor and nutrition. It's not a very strong flavor, pumpkin isn't. So you can add your normal chili spices and get that great flavor that you love. But by adding a half a can of pumpkin to your normal chili, it can really add a lot of nutrition.

The other thing sometimes I have people do is they'll do sweet potato. So you could do a sweet potato chili that has your ground beef, maybe some beans, that would be a superfood, add chunk sweet potato, and then add a little bit of pumpkin and some tomato sauce. And that just makes a really nice nutritious chili. Or soup, you could add it to soup. There's lots of places you can add pumpkin, but it is gonna make everything look orange. So think about the presentation there. Those are some fun ways to add pumpkin to things.

Another superfood that's really versatile is salmon. It's very high in omega-3 fatty acids. It's very good for reducing inflammation, protecting your heart. In the fall, you could smoke salmon. That would be a great way to prepare it or broil salmon. And then add some of these flavorful fall veggies as your side dish.

Emily Yeap ([04:18](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=258.91)):

Most Americans lack fruits and vegetables in their diet. Allen offers a helpful tip to increase the servings.

Natalie Allen ([04:26](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=266.42)):

Our goal on fruits and vegetables is five servings a day. So a serving is half a cup cooked, or a cup of raw fruits or veggies. If that's intimidating to you, think of ways that you could add 'em to foods you're already eating. So you're making a chicken and rice. Could you add broccoli to the chicken or could you add a bag of frozen vegetables to your favorite soup? Or could you cut up some fruit and have that as your snack. Figure out a way that you can get those fruit and veggies in. So with your sandwich, instead of chips, have carrot sticks

Emily Yeap ([04:57](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=297.47)):

That was registered dietician Natalie Allen from Missouri State. I'm Emily Yeap for the Missouri State Journal.

Announcer ([05:05](https://www.temi.com/editor/t/OdDduewJqkLurFfnrCg_LIfxTacwLK31bx1mBuR9fpq7Xb6yrfSWdVaYPFDhEorTxUb2r_qvAN9yQlktxA2sOiJz7mc?loadFrom=DocumentDeeplink&ts=305.1)):

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