

Winter Fruit and Vegetable Recommendations That Can Benefit Your Health

Did you know that there are a bountiful array of fruits and vegetables that are at their most flavorful in the colder months of the year? In fact, there are many fruits and vegetables that are in season during December, January, and February.

Winter Vegetables

Beet. Beets provide potassium that helps regulate blood pressure; magnesium that is needed for collagen production which supports healthy skin and joints; and B Vitamins, like folate, that provides energy.

Broccoli. In a *British Journal of Nutrition* study, it was found that broccoli helped lower the amounts of calcium build-up in the arteries of women's hearts—lowering the chance of arteries hardening and risk of heart disease.

Brussel Sprout. Brussel sprouts (a cousin of broccoli) are antioxidant powerhouses. Antioxidants are molecules that combat cell damage, thus, reducing your risk of cancer, heart disease, and Alzheimer's disease.

Carrot. Carrots are packed with beta-carotene, which converts to Vitamin A. Vitamin A is a nutrient that supports immune function and bone health and acts as an antioxidant to protect your cells from damage.

Cauliflower. One cup of cauliflower is a great source of Vitamin C as it provides over 50% of the suggested daily dose.



Celeriac. Celeriac is a bulbous root vegetable that has a delicate, slightly earthy taste with a starchy texture similar to a potato. Celeriac is rich in nutrients like Vitamin C, Vitamin K, and B Vitamins like B6 and riboflavin. You can eat celeriac boiled and mashed, oven roasted or raw after trimming off the outer bits and peeling.

Fennel. One cup of raw fennel has nearly 3 grams of fiber and contains Vitamin C and potassium. The bulb of a fennel is delicate and slightly sweet with a perfumy flavor that can be eaten raw or cooked. One way to eat fennel raw is shaved and marinated in a lemony olive oil vinaigrette, or sauteed and lightly seasoned with sea salt and pepper.

Garlic. It has been found that garlic may help prevent and treat viral infections including the common cold and the flu.

Kohlrabi. Kohlrabi's texture are similar to broccoli and cabbage, is slightly sweeter and a bit peppery, and provides generous amounts of Vitamin C and potassium. Kohlrabi can be peeled and shredded or sliced and added to salads and slaws to make them extra crunchy.

Parsnip. Parsnips are related to carrots, but have a sweeter flavor with a hint of spice. Parsnips are also full of nutrients like Vitamin C, folate, potassium, and magnesium.

Winter Fruits

Cranberry. Cranberries are available fresh from September to January and are a good source of Vitamin C and fiber. In a review published in *Clinical Nutrition*, it was found that cranberries may help people maintain a healthy blood pressure and body mass index (BMI) while improving cardiovascular health.

Grapefruit. Thankfully, grapefruit is in season during the winter months when we need extra Vitamin C as it provides about 50% of daily recommended Vitamin C. Also, did you know that broiled grapefruit topped with brown sugar and a dollop of vanilla-infused whipped cream is a delicious dessert?

Kumquat. Kumquats are grape-sized citrus fruits packed with 12 grams of fiber per cup. Additionally, one cup of kumquats have as much Vitamin C as an orange and are rich in flavonoids—a plant compound that contributes to a lower risk of heart disease and cancer.

Pomegranate. Pomegranates and its edible seeds offer anti-inflammatory benefits. The seeds are also bursting with antioxidants and may contribute to the prevention of several diseases.

Cherimoya. Cherimoya is a green heart-shaped fruit that has a white center speckled with black seeds that tastes like a blend of banana, vanilla, mango, papaya, pineapple, and coconut. Cherimoya contains 30% of the daily recommended Vitamin C and over 25% of the recommended fiber and can be enjoyed in a pudding or frozen and scooped out with a spoon.

Kiwi. Kiwi is a sweet fruit that is packed with three times the amount of Vitamin C than oranges. In fact, two small kiwi fruits have 287% of your daily value for Vitamin C. Kiwi is also packed with fiber and Vitamin K and is in season from fall through early spring.

Persimmon. Persimmon is a fruit native to China, but can be found in abundance on the west coast and in the “exotic fruit” section everywhere else. One persimmon has only 31 calories and provides 18% of your daily value of Vitamin C.

<https://www.health.com/nutrition/winter-fruits-and-vegetables?hid=1d2bc1a6ed3c612ce63427ce89f452be1b8bb521&did=884347-202>

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