



HELP
YOUR FAMILY

FALL

INTO GOOD
NUTRITION



PUMPKIN & SQUASH

As your family picks out the perfect carving **PUMPKIN**, find one that looks good enough to eat! Pumpkin and other squash are good sources of riboflavin, potassium and vitamin E.

VITAMIN E

Reinforces immune function, perfect for cold and flu season.

POTASSIUM

Helps with muscle function and electrolyte balance in the body.

RIBOFLAVIN (VITAMIN B2)

Turns carbs into fuel for energy during sports, play and every day activities.



APPLE

It's the time of year for **APPLE** picking in the orchard. Fresh apple slices are a delicious and refreshing snack that contain fiber, vitamin C and B vitamins.

VITAMIN C

Promotes healthy skin, bones, teeth and blood vessels.

VITAMIN B6

Plays an important role in the metabolism of carbohydrates, fat and protein.

FIBER

Maintains a healthy digestive system and keeps hunger at bay.



KALE

KALE is available year-round, but usually has a sweeter taste after the first bout of cold weather. Plus, it's an excellent source of nutrients like vitamin A, vitamin K and manganese, among others.

MANGANESE

Helps keep bones and tissues strong.

VITAMIN K

Aids blood clotting, the first step to healing those pesky cuts and scrapes.

VITAMIN A

Supports eye health and a strong immune system.