Eat Right Year-Round

Seasonal eating isn't just for summer.

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The pickings at farmers' markets may look slimmer in the winter, but the nutrients found in this season's produce are just as potent as those found in summer's bountiful fruits and veggies.

"People who eat [foods that are in season] incorporate fruits and vegetables in their diet that they normally wouldn't get at other times of the year," says Joy Dubost, PhD, RD, a registered dietitian and American Dietetic Association spokesperson. "And this means they also get different nutrients."

Here are Dubost's winter-season food favorites:

Sweet potatoes: These filling, cold-weather root vegetables are full of carotenoids—a class of antioxidants our bodies convert into vitamin A, which bolsters the immune system. And sweet potatoes also contain vitamin C, fiber and potassium.

Squash: One cup provides 6 grams of the body's required 25 to 38 daily grams of fiber. Plus, these winter veggies are also a good source of potassium, vitamin C, magnesium, iron and calcium.

Spinach: One cup nets you more than 20 percent of the recommended daily value of vitamin C, vitamin A, calcium and iron.

Pumpkin: This seasonal star is high in vitamin A, plus potassium and fiber. Roast the seeds for a snack full of omega-3s and protein.

Carrots: Readily available year-round, these root veggies are packed with vitamins A and C and fiber.

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