

OCTOBER'S SUPERFOOD

Apples

Take a seat, yogurt. This crunchy classic might be your new go-to for a healthy gut. One apple boasts 4 grams of fiber, which promotes the growth of the good bacteria that can help stave off weight gain and strengthen your immune system. Just be sure to eat the skin, too: It contains fiber and antioxidants that may lower your risk for certain cancers, like colon cancer, says Oakland, CA-based registered dietitian Marni Weinstock. How to fill up this fall:

GF **IN A FRESH AUTUMN SALAD** Toss chopped kale with a chopped tart apple (like a Pink Lady), half of a grated sweet potato, chopped pecans, and crumbled goat cheese. Drizzle with 1 Tbsp olive oil and lemon juice, then add salt and pepper to taste.

GF **IN A PRETTY PINK APPLESAUCE** Mix 3 lbs chopped red apples with 1 Tbsp butter, 2 tsp brown sugar, and 1 tsp lemon juice; add ¼ cup water and bake at 425°F for 40 minutes. Pulse in a food processor until nearly smooth; stir in dried cranberries. Use as a sweet-tart sauce for pork chops.

GF **IN A RICH SOUP** Sauté 2 cubed green apples, 1 cubed peeled butternut squash, 1 diced yellow onion, and 2 tsp ground fennel in 1 Tbsp coconut oil for 7 to 8 minutes. Add 5 cups chicken stock and simmer until ingredients are soft, 20 minutes. Stir in ¼ cup almond butter and blend until smooth; add salt and pepper to taste. No cream, yet so comforting. —Marygrace Taylor

HALLOWEEN CANDY YOU SHOULD EAT Pull the ol' plastic pumpkin over and treat yourself to these (relatively) guilt-free picks.

IF YOU LIKE FRUITY CANDY:

Smarties You get 15 pieces per 25-calorie roll, and because they're so sweet, one roll is all you need, says Lisa Young, Ph.D., author of *The Portion Teller Plan*.

Charms Blow Pop Unlike other sweets, it'll take you 10 minutes to polish off this 70-calorie sucker—instead of 10 seconds.

Skittles Fun Size The 80-calorie bag makes portion control a no-brainer.

IF YOU LIKE CHOCOLATE:

Kit Kat Snack Size The crunchy wafer inside is lighter than peanut butter or caramel, so a two-piece mini bar costs a mere 70 calories.

3 Musketeers Fun Size One piece is only 64 calories, thanks to the delicious fluffy filling.

York Peppermint Pattie Snack Size This dark chocolate treat is low in fat and just 60 calories. Plus, that "I brushed my teeth" minty aftertaste makes overdoing it less likely. —M.T.

