

# Rosemary Barclay of Old Lyme CT Reveals the Best Fall Nutrition Tips for a Healthy Season

*Maintaining a healthy diet is not always easy but using these nutrition tips will help start this Autumn off right.*

OLD LYME, CONNECTICUT, UNITED STATES, October 10, 2018 /EINPresswire.com/ -- Autumn is the season for harvest. Yet, it is also the season that starts off the most tempting and often the busiest time of the year.

[Rosemary Barclay](#) of Old Lyme CT understands that the return to school is tough on families. Getting out of the summer routine and returning to the grind of classes, soccer practice, and parent-teacher conferences are hard. However, there are many wholesome ways to find nutrition, even with a busy schedule.

Rosemary Barclay of Old Lyme CT has [provided nutritional advice](#) to individuals, busy working mothers and families. Now, she is sharing her fall nutrition tips to help everyone start their Autumn off healthy. After all, the start of the school year is the best time to get into good habits for a successful experience.

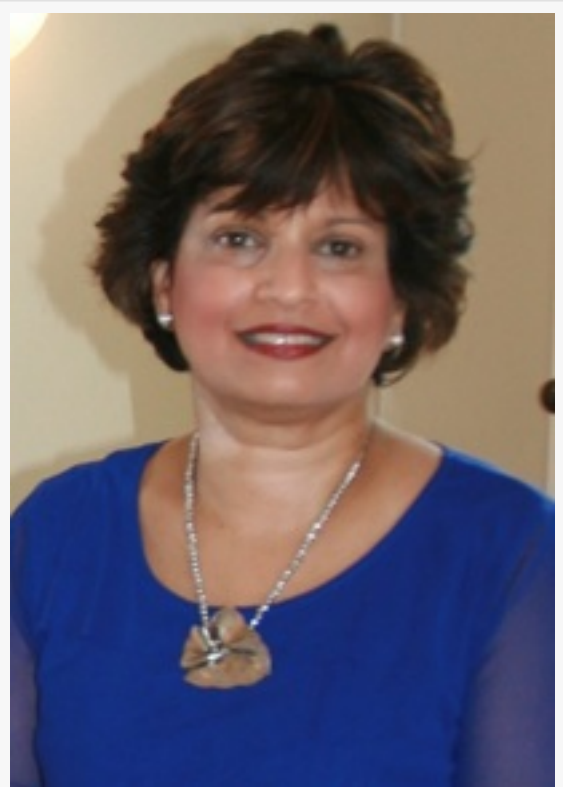
## •Farmers Markets Are Essential

There are a lot of interesting options to choose from during the fall season. To stay nutritious, holistic and simple, frequent farmers markets. In these areas, people can find affordable root vegetables, which are hearty and wholesome. These types of vegetables, such as beets, carrots, onions, pumpkin and rutabaga make fall meals simple. Plus, by visiting a farmer's market, you are boosting local economy and getting fresh vegetables right from the source.

## •Try Something New

There is a plethora of different, nutritious foods to try during the fall season. The weather is starting to chill, which makes stews and soups a great meal choice. Experiment a little, whether it is with a new recipe or a completely new food, expand the horizons of your family's palate.

Introducing new foods is not only satisfying a taste. It is also the best way to introduce new ways for your body to receive essential nutrients. If you have never had eggplant, your body does not know that it is a good source of vitamin C and fiber. Eggplant is a very good source of dietary fiber, vitamin B1 and copper. It is a good source of manganese, vitamin B6, niacin, potassium, folate and vitamin K. Eggplant also contains phytonutrients such as nasunin and chlorogenic acid. Yet, after trying a meal with it, your body may crave that meal again in the future, knowing it has the nutrients you are lacking. Try to use the colorful vegetables that nature provides to us-- each of those colors contain phytonutrients that can help protect you and your family against certain diseases.



Rosemary Barclay

- Plan Meals in Advance

Everyone has a crazy schedule and it can be hard to think of something to make every night of the week. However, by planning meals in advance saves time and money, while helping to promote better eating habits. Plan out a week of meals and shop for them all at once. If there is any preparation that can be done beforehand, do what is possible. Chop vegetables and store in clear containers in the fridge so that meal preparation time is limited.

To close, Rosemary Barclay of Old Lyme CT is confident that these tips will help promote a nutritious fall season. There are a lot of changes to consider when the kids go back to school. Thankfully, sacrificing wholesome meals does not have to be part of those changes. To get more tips on nutrition and holistic solutions to everyday issues, visit Rosemary Barclay's wellness center website.

Eric Ash  
Web Presence, LLC  
941-266-8620  
[email us here](#)

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