**Nutrition Questions?**

**Ask the Dietitian**

Q: I never know what to look for when I’m picking out produce in the grocery store. Do I smell, squeeze, or shake, and what does doing that even mean?

A: It is common to see people poking, shaking, and smelling fruits and vegetables in the produce section, and most of the time people don’t even know what they’re looking for! Here are a few tips and tricks for choosing some of the wonderful fall fruits and vegetables that will be arriving in your market soon:

- **Avocados** should yield slightly when pressed gently and be uniform in color. A more smooth texture represents a riper avocado, while a rough and rigid outer skin suggests a younger avocado.

- **Beets** should be firm and have smooth roots without splits. Small- to medium-size beets taste best. If possible, buy beets with greens still attached, as they are usually the freshest.

- **Sweet potatoes**: Choose ones that are firm and medium-sized with tapered ends. Steer clear of ones with blemishes or sprouts.

- **Winter squash**: Pick a squash that feels heavy for its size. The skin should be thick and hard, without any blemishes. Winter squash can keep up to a month when stored in a cool, dry place.

- **Clementines**: Pick a clementine that feels heavy for its size, with no brown spots. Clementines can keep up to one month in the refrigerator.

- **Cranberries**: Look for cranberries that are shiny deep red or brown, which indicates freshness. They should be hard and should bounce if dropped on a hard surface.

- **Pomegranates**: Select a pomegranate that feels heavy for its size and looks quite plump. The top should be slightly soft when pressed, and the skin should appear shiny.

For more information about fruits and vegetables of all seasons, check the Healthy Eating section of [www.foodfit.com](http://www.foodfit.com).

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