

Fall Into Wellness

Don't let the cooler temperatures and shorter days keep you from enjoying everything fall has to offer. NorthShore University HealthSystem explores some healthy ways to make the most of this change in seasons, from nutritious and delicious seasonal produce to calorie-burning activities suited for crisper temperatures.



Calling Fall Foodies

These seasonal fruits and vegetables are packed with flavor and nutrients:



Apples
Antioxidants & Fiber



Cauliflower
Thiamin, Vitamin C & Vitamin B6



Mushrooms
Fiber, Vitamin C & Folate



Pears
Vitamin C & Fiber



Winter Squashes
Omega-3 Fatty Acids & Vitamin A



Parsnips
Potassium & Fiber



Sweet Potatoes
Vitamin A & Iron



Rutabaga
Fiber & Vitamin C



Brussel Sprouts
Vitamin K, Folate & Iron



Pomegranates
Antioxidants, Folate & Vitamin C



Pumpkins
Fiber, B Vitamins & Potassium



Grapes
Vitamin C & Vitamin K

Comfort Food Makeover

Incorporating vitamin-rich seasonal produce into your diet is a great start. Keep up the good work by giving some of your favorite fall recipes a health-conscious makeover.



Pumpkin Pie

Nothing says, "It's fall!" quite like pumpkin pie. Moderation is key though because just one slice can have as much as

300 calories
& **15** g of fat.

Healthy Tip: Replace the cream with fat-free condensed milk and the sugar with date puree.

Creamy Casseroles

Sweet potato casserole may start with a healthy vegetable base but don't be fooled. A 7-ounce serving contains

500 calories &
40 g of sugar.



Healthy Tip: Sweet potatoes are naturally sweet so hold the marshmallows and cut the amounts of cream, butter and sugar.



Fall Drinks

When pumpkin spice lattes arrive so does fall but they aren't the healthiest way to welcome a new season. A 16-oz. latte with whole milk & whipped cream has

410 calories
& **48** g of sugar.

Healthy Tip: Substitute whole milk for skim and hold the whipped cream.



Fall Fitness

If keeping up with a fitness routine gets tougher as the temperatures drop, get creative. Here are some fun, fall-friendly calorie burners:



Raking Leaves

One hour burns
315 calories.



Fall Foliage Hiking

One hour burns
400 calories.



Gardening

One hour burns
290 calories.



Picking Pumpkins

(Bend at the knees!)
30 minutes burns
109 calories.



Running a Fall-Themed Race

A 5k Turkey Trot or
Harvest Hustle burns
360 calories.

Sources:

www.northshore.org
www.webmd.com
www.health.com
www.cookinglight.com