**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
- **Mushrooms**: Fiber, Vitamin C & Folate
- **Winter Squashes**: Omega-3 Fatty Acids & Vitamin A
- **Pears**: Vitamin C & Fiber
- **Sweet Potatoes**: Vitamin A & Iron
- **Pumpkins**: Fiber, B Vitamins & Potassium
- **Brussel Sprouts**: Vitamin K, Folate & Iron
- **Cauliflower**: Thiamin, Vitamin C & Vitamin B6
- **Parsnips**: Potassium & Fiber
- **Rutabaga**: Fiber & Vitamin C
- **Pomegranates**: Antioxidants, Folate & Vitamin C
- **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 beats “it’s fall” cues like pumpkin pie. Moderation is key though because just one slice can have as much as

300 calories & 15g of fat.

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

**Creamy Casseroles**

Sweet potato casserole may start with a healthy vegetable base but don’t toe the line: A 7-ounce serving contains

500 calories & 40g of sugar.

**Healthy Tip**: Sweet potatoes are naturally sweet so the marshmallows and sugar are not necessary. Add more cream, butter and sugar.

**Fall Drinks**

When pumpkin spice lattes arrive so does fall but aren’t the healthiest way to welcome a new season. A 14-oz. latte with whole milk & whipped cream has

410 calories & 49g of sugar.

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

**Fall Fitness**

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

- **Raking Leaves**: One hour burns 315 calories.
- **Gardening**: One hour burns 290 calories.
- **Running a Fall-Themed Race**: A 5K Turkey Trot or Harvest Hustle burns 360 calories.

**Fall Foliage Hiking**

One hour burns

400 calories.

**Picking Pumpkins**

(List at the farm)

30 minutes burns 109 calories.

**Sources**:

- www.northshore.org
- www.wedmd.com
- www.health.com
- www.cookinglight.com