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

Winter Squashes

Omega-3 Fatty Acids

Fiber, Vitamin C & Folate



Pears Vitamin C & Fiber

Parsnips

Rutabaga



Sweet Potatoes

& Vitamin A

Vitamin A & Iron



Potassium & Fiber

Brussel Sprouts

Vitamin K, Folate & Iron



Fiber & Vitamin C

Pomegranates

Antioxidants, Folate



Pumpkins

Fiber, B Vitamins & Potassium



& 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 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.

marshmallows and cut the amounts of cream, butter and sugar.

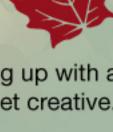
Healthy Tip: Sweet potatoes are naturally sweet so hold the



When pumpkin spice lattes arrive so does fall but they aren't the healthiest way to

Fall Drinks

welcome a new season. A 16-oz. latte with whole milk & whipped cream has 410 calories & **48** g of sugar.



If keeping up with a fitness routine gets tougher as the temperatures

Fall Fitness

drop, get creative. Here are some fun, fall-friendly calorie burners: Fall Foliage Hiking Raking Leaves





400 calories.

One hour burns



Gardening

One hour burns 290 calories.



Running a **Fall-Themed Race** A 5k Turkey Trot or

Harvest Hustle burns 360 calories.



Picking Pumpkins

30 minutes burns

109 calories.

(Bend at the knees!)



www.northshore.org

www.webmd.com www.health.com

www.cookinglight.com