



KEYS TO BETTER HEALTH™



Autumn Harvest

Just because the summer is over doesn't mean that farm fresh produce is off the table! Autumn is a time of abundance for in-season fruits and vegetables, making it a great time to enjoy them and the nutrients they provide. Below are some ways to enjoy the fall harvest and its many health benefits.

Gather a variety of apples

Picking apples at an orchard this fall is a great way to enjoy time with the whole family. Apples are in season and are a nutritious, delicious option. Try sprinkling apple slices with ground cinnamon, or pair with cheese or peanut butter for a balanced snack choice. Applesauce is a great



addition when served with savory foods like roasted pork. Consider giving different varieties of apples a try this year, there are several to choose from, like Gala, Granny Smith, and Pink Lady.

Toast those pumpkin seeds

Many people enjoy carving pumpkins in the fall. This year when carving your pumpkin, don't throw away the seeds – toast them, and enjoy as a healthy snack! One ounce of pumpkin seeds provides 5 grams of protein and 5 grams of fiber.² To toast the seeds, preheat the oven to 325 degrees, rinse the seeds and spread them on a baking sheet, drizzle them with olive oil and sprinkle with salt. Try adding different seasonings such as garlic powder or cinnamon for a variety of flavors. Bake for about 45 minutes or until toasted, stirring occasionally.

Savor some squash

Fall is a great time to find winter squash, like acorn squash, which is a good source of vitamins A and C.³ Enjoy your squash in a soup or steam the squash and drizzle with oil for a simple side dish. Try a savory acorn squash, sliced or shredded and baked with olive oil, thyme, and grated parmesan cheese.

Give brussels sprouts a try

brussels sprouts are another healthful choice, providing both fiber and vitamin C.³ Try roasting the sprouts with olive oil or add steamed brussels sprouts to pasta dishes. Not sure if you'll like brussels sprouts? Create a vegetable side dish with roasted winter squash, brussels sprouts, sweet potatoes, onions, and/or other vegetable favorites. For a special treat, candy the brussels sprouts by dusting them with olive oil, brown sugar, and salt, and then pop in the microwave for five minutes.⁴

Sources:

1. Fall Foods for Your Family. Academy of Nutrition and Dietetics Website.
2. <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/4-fall-foods-for-your-family>. Accessed May 31, 2018.
3. Toast the Season with Pumpkin Seeds. Academy of Nutrition and Dietetics Website. <https://www.eatright.org/health/lifestyle/holidays/toast-the-season-with-pumpkin-seeds> Accessed May 31, 2018
4. Nutrient information obtained from the USDA Nutrient Database. <https://ndb.nal.usda.gov/ndb/>. Accessed June 18, 2018.
5. Top 10 Ways to Enjoy brussels Sprouts. Fruits and Veggies More Matters website. <https://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-brussels-sprouts>. Accessed May 31, 2018.

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