



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Nutrition Tips for Fall



- 1. Choose smart snacks:** It is easy to reach for potato chips while you're watching the game but fried foods won't help with your weight loss goals. Instead reach for healthier snacks such as veggies & hummus, mini turkey sandwiches, or popcorn
- 2. Halloween is only one day;** so why do we eat candy all month long? Keep the candy out of the house until Halloween. Let yourself eat 1-2 of your favorites but give the last trick-or-treater the rest at the end of the night. If your kids bring home a bounty have the "Candy Fairy" trade it in for a toy overnight and ditch or donate the rest.
- 3. Fill up on fall produce:** Enjoy the flavors of fall by sampling in-season produce. Items such as butternut squash, apples, pumpkin, sweet potato, and kale are in-season in fall.
- 4. Soups** can be tempting when it's cold but be sure to watch the sodium level. A heart healthy diet is recommended to have 2000 mg of sodium a day. Look for low sodium labels or make soups from scratch and season with herbs and spices rather than salt.
- 5. Flavor your fall:** Get creative with smoothies, oatmeal, pancakes and even roasted vegetables by adding fall spices such as cinnamon, clove, nutmeg, allspice, and ginger. Or purchase pre-mixed "pumpkin pie spice" for a winning combination of these.
- 6. Fuel with whole grains:** Whole grains are a fantastic way to fuel up this fall. They provide carbohydrates for energy and fiber for digestive health. The cooler weather is a great time to enjoy grains such as steel cut oats, barley, rye, brown rice, or quinoa.
- 7. Don't forget the fluids:** Chapped lips and dry skin can be a result of harsh weather but they can also signify dehydration. Without the summer heat it can be harder to remember to drink enough water. Hot tea can warm you up and provide needed fluids.
- 8. Increase immunity against illness** by having a diet that includes plenty of Vitamin A (pumpkin, sweet potato, carrots), Vitamin E (sunflower seeds, almonds, hazelnuts), Vitamin C (citrus fruit, bell peppers, strawberries) and Zinc (meat, seafood, beans).