

FOR IMMEDIATE RELEASE

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Joys of Fall Food

Like it or not, the fall season is here. I know not everyone enjoys the fall and winter months like I do. At the same time, I have not found many people who dislike the flavors available during the fall. Fall foods have a wide range in flavors. Additionally, a number fall foods are what many consider “comfort foods.” Think of all the flavors you love during your Thanksgiving meal. When eaten in moderation, fall food can hold a number of health benefits as well. Here are some common ways to eat healthy during the fall.

Fill up on Vegetables

Vegetables are everywhere and full of healthy nutrients. Rethink some of your favorite fall dishes to include more vegetables. Start your morning with a delicious bowl of butternut squash roasted with honey and topped with cinnamon. For dinner, use spaghetti squash instead of spaghetti noodles. You can even double up your vegetables by having spaghetti squash noodles with a garden vegetable marina.

Load up on Fiber

Many fall foods are rich in fiber. Eating both soluble and insoluble fiber found in foods like vegetable, fruits, legumes, and grains, helps us feel full faster and keep the feeling longer. While this is important all year long, it is particularly important as the weather gets cooler and we are less active. Fiber helps us control how much we eat. This helps keep from overeating, leading to weight gain and spending extra money. A good way to start your day with fiber is a nice bowl of oatmeal with fruit. If you want to keep from having midnight cravings, a nice warm bowl of lentil soup should keep you feeling full until morning.

Speaking of Soup...

Fall is the perfect time to always have soup on hand. A homemade batch of soup will warm your house, make it smell wonderful, and make it easy to have a bowl of healthy comfort food. Soups, particularly homemade soups, just seem to taste better in the fall. It is important to read the ingredient label or watch how much of certain ingredient you add though. Soups can be heavy on the sodium.

Bring on the Warmth

With the weather cooling outside, fall is a perfect time for warm foods. These can be foods that are warm in temperature and/or warm in spice. Soups and warm salads are more

common in the fall. Along with foods that are warm in temperature, fall usually sees and increase in the use of certain spices. These spices are used more in fall because they help you stay warm during the cold season. Spices with “warming properties” are cardamon, cinnamon, garlic, ginger, horseradish, and pepper (ex. Cayenne, Chili, and Cracked Black Pepper). Not only do these spices flavor your food, they boost your immune system too.

Please contact me to schedule an appointment or for more information, please contact Tyler Johnson, tajohnson120@ksu.edu, or by calling 620-232-1930.

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