

Fall Foods!

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4 ways to reduce breast cancer risk

1. Choose plant-based foods
 - Fruits, veggies, whole grains, beans
 - Avoid processed meats
 - Okay to include soy
2. Exercise regularly
 - Strengthens immune system
3. Limit alcohol
 - Raises estrogen levels & causes DNA damage
4. Maintain a healthy weight
 - Fat cells make more estrogen

Pcrm.org, Dr. Kristi Funk



What's in season?

- Apples
- Pears
- Greens
- Winter Squash
- Beets
- Sweet potatoes
- Turnips
- Parsnips
- Brussels Sprouts



Helpful tools

- Crockpot
- Pressure cooker
- Rice cooker
- Instant Pot
- Blender/Vitamix
- Chopper
- Sheet pan
- Grill basket
- Veggie peeler
- Excellent knife



Benefits of eating apples & pears?

- Good source of soluble fiber (helps to lower cholesterol)
- Antioxidants
- Many ways to enjoy them:
 - Raw, snacks
 - Applesauce
 - Baked apples or pears
 - Apple/pear crisp/cobbler
 - Salads
 - Soups/stews
 - Add to oatmeal





Braeburn



Cortland



Fuji



Gala



Ginger Gold



Golden Delicious



Red Delicious



Granny Smith



Honeycrisp



Jonathan



Jonagold



McIntosh



Pacific Rose



Paula Red



Wealthy

Winter Squash

- Good source of fiber
- Vitamins A & C
- Antioxidants
- Versatile
- Cheap
- Beautiful!



Name that Squash





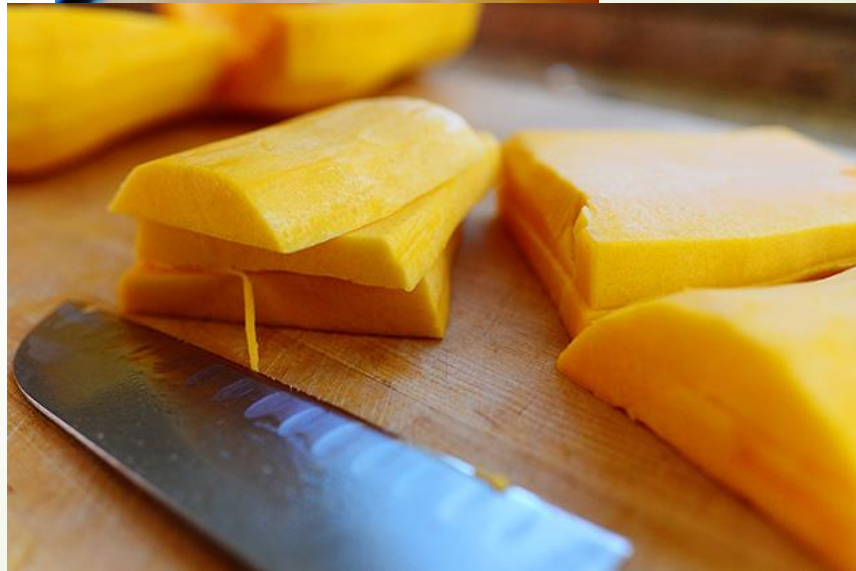


What to do with squash

- Roast it
- Grill it
- Stuff it
- Chop it (and add to soups/stews)
- Puree it
- Scrape it (spaghetti)









Go with Greens

- Greens may help with weight loss by increasing feeling of fullness and curbing desire for junk foods.
- Excellent source of folate, iron, Vitamins A & C, iron
- Spinach
- Collards
- Mustard greens
- Kale
- Chard
- Lettuce (darker the better)
- Watercress
- Beet



Beet it!



- Two veggies in one – beets and greens
- Eat raw – grate and make into a salad
- Roast
- Microwave
- Soups and stews
- Try red or golden beets or Chioggia



Brussels Sprouts

- Cruciferous veggie family
- Strong cancer fighter
- Good source of Vitamin C & K
- Full of antioxidants
- Higher in fiber
- Roast
- Grill
- Shred and put in salad



Root veggies: turnip, rutabaga, parsnip, celeriac

- Rich in antioxidants, high in fiber, Vitamin C
- Turnips often have the greens, too
- Parsnips are great pureed



What to do with root veggies

- Roast 'em
- Chop 'em
- Put in soup/stew
- Sautee 'em
- Puree 'em
- Grill 'em





10 ways to eat more fall foods

1. Make a baked apple for dessert: core an apple, fill center with a little sugar, raisins, cinnamon, whatever – then cover and microwave for 5 min.
2. Wilt greens: In a hot pan, add several handfuls of greens. Leave it be until the greens wilt. With a pair of tongs, turn over. Stir in some minced fresh garlic. Sprinkle with fresh lemon juice or a bit of apple cider vinegar. Season with salt and pepper.
- 3. Beet salad for one: peel a raw beet, grate it and add a little balsamic vinegar, mustard, salt/pepper, garlic.



More fall foods....

- 4. Make a soup: throw some greens and winter squash into any of your favorite soup recipes
- 5. Use spaghetti squash as your spaghetti noodles: top with your favorite sauce
- 6. Poach pears: I like it with red wine, a little sugar, cinnamon and pressure cook in the instant pot.
- 7. Stuff a winter squash: my favorite is acorn squash – cut in half and bake face down in baking dish with a little water for 20 min at 400. While it is cooking, sauté a diced apple with dried apricots and some orange peel. Place in hollow of squash and cook another 30 min covered – top with some chopped nuts.

And more...

- 8. Roast: cut up any root veggie or winter squash and place on cookie sheet – roast at 425 for about 20 min.
- 9. Make homemade applesauce.
- 10. Make a salad: top with any of your fall fruits and veggies



Are you up for a challenge?

- Aim for 2 cups veggies at lunch and dinner daily
- Eat what is in season – try a new fall fruit or veggie
- Buy local
- Choose organic when you can
- Support Farmers' Markets/CSAs
- The benefit:
 - Heart health
 - Weight loss
 - Better diabetes control
 - Great tasting foods!



Make a Fall Bucket List



Sorghum



SORGHUM
Nature's Super Grain

THE CUTTING-EDGE ANCIENT GRAIN.

As consumer demand for versatile, nutritious and sustainable grains rises, sorghum checks all the boxes.

	SORGHUM	CORN	WHEAT	OAT	RICE	QUINOA
PROTEIN	✓		✗	✓		✓
FIBER	✓		✓	✓		✓
PHOSPHORUS	✓		✗	✓		✓
ZINC	✓		✓	✓		✓
THIAMIN	✓	✓	✗	✗		✓
RIBOFLAVIN	✗					✓
NIACIN	✓		✓			
VITAMIN B6	✓					✓
SELENIUM	✓		✓	✓	✗	
COPPER	✓		✓	✗		✓
IRON	✓		✗	✓		✓
MAGNESIUM	✓		✗	✓		✓
MANGANESE	✓		✓	✓	✗	✓

✓ EXCELLENT SOURCE ✗ GOOD SOURCE

Source: USDA, 2011. Nutrient data from USDA, 2011.



Thank you!

