



Autumn is here—seek out some of the super foods that go with this season!

**Apples** – over half of the vitamin C content is underneath the skin, rich in fiber both soluble and insoluble, rich in beneficial phenolics (chlorogenic acid and catechin) and flavonoids such as quercetin which fight cancer and heart disease. Lots of great varieties with different flavors—perfect snack or add to salads or main dishes.

**Pork Chops with Apples and Thyme** [http://www.eatingwell.com/recipes/apple\\_thyme\\_pork.html](http://www.eatingwell.com/recipes/apple_thyme_pork.html)

**Warm Apple Cabbage Slaw**

[http://www.eatingwell.com/recipes/apple\\_cabbage\\_slaw.html?utm\\_source=EWTWNL](http://www.eatingwell.com/recipes/apple_cabbage_slaw.html?utm_source=EWTWNL)

**Madras Chicken with Apples (crock pot recipe)**

[http://www.eatingwell.com/recipes/apple\\_cabbage\\_slaw.html?utm\\_source=EWTWNL](http://www.eatingwell.com/recipes/apple_cabbage_slaw.html?utm_source=EWTWNL)

**Pears-** one medium-sized pear contains as much vitamin C and potassium as one half cup of orange juice...and much more fiber!(4 grams each-much of it in the skin) They are also packed with powerful antioxidants that attach free radicals which cause aging and chronic disease. They make great snacks and make a nice addition to a fruit or green salad. Add them to a sandwich for a juicy, sweet taste. Try adding sliced ripe pear to your oatmeal or yogurt!

Here's a tasty spinach salad with pear [http://www.calpear.com/cns/recipe/rec\\_sal\\_bartlettspinach.htm](http://www.calpear.com/cns/recipe/rec_sal_bartlettspinach.htm)

**Pumpkins**—good source of fiber, potassium, selenium, vitamin A and lutein (and pumpkin seeds are a good source of omega-3 fats!)

Pumpkin can go beyond pie! Check out the attached **Gingered Pumpkin Soup** recipe.

And how to roast pumpkin seeds <http://www.theveggietable.com/techniques/roastpumpkinseeds.html>

**Winter squash** – offers vitamins A (over 500% of DV) vitamin C, potassium, fiber, manganese and folate which assist with heart and stroke prevention, blood sugar regulation and decreasing risk for lung and colon cancer. Can be steamed, baked/roasted, cubed and added to soup or made into a creamy soup

<http://www.whfoods.org/genpage.php?tname=recipe&dbid=33>

#### **Free Blood Pressure Screenings on Campus**

Mon Oct. 6th- at 11:30 AM to 1 PM Gerdin Lobby

Tues Oct. 7th 7:30 AM -8:30 AM - Beardshear Lobby

Wed. Oct. 8th 11:30 AM to 1 PM - Kildee Lobby

#### **Campus Wellness Walks**

Enjoy our beautiful campus with student led walks every Wednesday and Thursday in October. Walks begin at 12:15 PM at base of the steps of Catt Hall and last 20-30 minutes.

#### **Campus Heart Week Oct. 13-17**

Recipes, blood pressure screening, campus walks, wear red on Friday for heart health awareness and

**Healthy Cooking Demo-Friday Oct. 17 at noon (limited registration-only open to those who did not attend last March-send me an e-mail [barclay@iastate.edu](mailto:barclay@iastate.edu) if you are interested and the first 25 to respond will get a seat!)**

**HeartReach Mobile Lab-Heart screenings**-Oct. 21 north end of campus (parking lot 29 north of MMOB)  
Call 1-866-935-5432 for an appt. See attachment above for more info.

**October Lunch-and-Learn**-Women's Health Issues: Breast Cancer and Osteoporosis prevention  
October 23 at noon in Room 13 of Curtiss Hall. Call 4-9625 or e-mail [barclay@iastate.edu](mailto:barclay@iastate.edu) for a reserved seat.

**Dodge Diabetes Walk**- Nov. 5 on Central Campus  
Walk and learn about ways to lower your risk for Type 2 Diabetes

**Flu Shots**

Nov 4-21 at 205 TASF (attached to north side of Gilman)  
Shots given Monday-Friday 10-4 PM  
Bring your ISU staff ID

Many of you have inquired about the pedometer challenge. We have struggled a bit with the logistics in getting it up and running this semester! Stay tuned for another activity program with incentives coming soon!! (In the meantime, if you have a pedometer put it on and walk in this gorgeous fall weather!) Also, stay tuned for a Nutrition Challenge coming in November!

Sally

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