

Health Minute

Orange you glad it's fall?

The weather is finally cooling off and autumn is in the air. In the produce market, fruits and vegetables are looking decidedly orange. Pumpkins, sweet potatoes, carrots, winter squash, and clementines are all in season just waiting for you to add them to your heart healthy diet. Foods get their orange coloring from *carotenoids*, antioxidant pigments that help protect the heart, eyes, lungs, and colon. Orange foods are also rich in vitamin A, beta carotene, vitamin C, fiber, and folic acid.



<p style="text-align: center;"><u>Pumpkin</u></p> <p>High in fiber, folate, vitamin C, and beta-carotene Pumpkin seeds are good source of omega-3 fatty acids Roast dried pumpkin seeds for 30 minutes in a 300 degree oven for a heart-healthy snack</p>	<p style="text-align: center;"><u>Clementines</u></p> <p>Tiny tasty cousins of the mandarin orange Grown primarily in Spain Seedless and easy to peel Add to salads or blend with low fat vanilla yogurt and skim milk for a creamy fruit smoothie</p>
<p style="text-align: center;"><u>Winter Squash</u></p> <p>Important part of early settlers and Native American diet Vitamin A levels increase with storage High in vitamin C, potassium, and fiber Split squash, remove seeds, and bake for a delicious side dish</p>	<p style="text-align: center;"><u>Sweet Potato</u></p> <p>Four times the RDA of vitamin A and ½ the RDA of vitamin C Low <i>glycemic</i> food; carbohydrate is released slowly which helps maintain steady blood sugar levels Use in any recipe that calls for white potatoes</p>

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