Fall is in the Air

Hokie colored leaves have filled the Drillfield, and fall is among us. Enjoy the season by exploring some of the nutritious and delicious flavors of autumn below.

Butternut Squash

Did you know the most abundant mineral found in pears is boron? Boron helps protect against osteoporosis by preventing calcium excretion and promoting calcium retention in the bone matrix. Pears are found in most dining centers so bite into a ripe and juicy pear today!

Apple

Did you know that just one cup of Brussel sprouts provides 125% of your daily vitamin K needs? Vitamin K is important for bone health by helping retain calcium in the bone. Give the Farm & Fields prepared Brussel sprouts or the Owens nutty Brussels a try today!

Pumpkin

The ultimate sign of fall... pumpkin. It’s delicious in coffee, pie, bread, just about anything! But next time you carve a jack o’lantern don’t throw out the seeds. They can be roasted and make a high protein snack. Pumpkin options are available in most dining centers so be sure to try a pumpkin dish today!

Sweet Potatoes

This orange potato will satisfy any sweet tooth without causing harmful spikes in blood sugar. Ranked lower on the glycemic index than regular potatoes, sweet potatoes are considered a diabetes superfood!

Pears

In addition to their fiber-rich skin, apples also contain the phytochemical, quercetin. Quercetin has cardioprotective properties and can help reduce the risk of developing heart disease. It is also a great snack that can be kept in your mini-fridge and eaten on the go!