

Nourish to Flourish

PUTTING THE FOOD IS MEDICINE APPROACH INTO EVERYDAY PRACTICE

UMACO'S QUARTERLY NUTRITION AND WELLNESS NEWSLETTER

WELCOME

Welcome to the fall edition of Nourish to Flourish!

As the seasons change and cozy foods come back around, this newsletter is here to help you embrace the flavors of fall while continuing to nourish your health. Each issue brings you quick, practical tips, seasonal produce highlights, easy recipes, and evidence-based insights to support healthy habits, whether you're a patient working toward your goals or a staff member supporting others along the way.

Wellness Bites

EVIDENCE-BASED TIPS FOR EVERDAY HEALTH

Fall is full of color, from deep red apples and purple cabbage to bright orange squash and dark leafy greens. Why not bring some of that color to your plate, too?

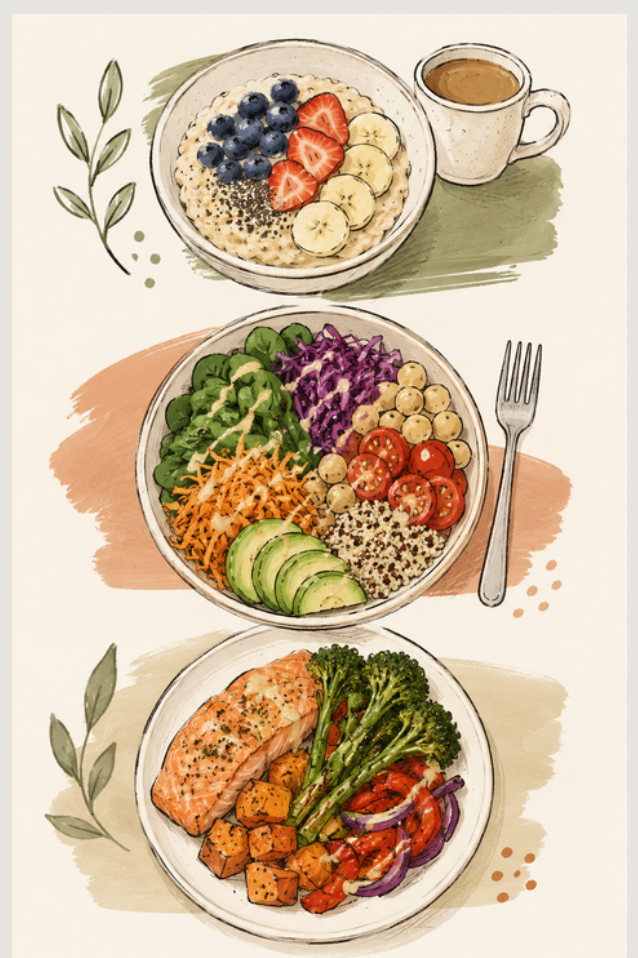
Adding a variety of colorful fruits and vegetables to your meals is a simple way to increase the range of nutrients you get throughout the day. Different produce foods provide different combinations of vitamins, minerals, fiber, and other beneficial plant compounds, which is why variety matters. The current Dietary Guidelines for Americans encourage choosing a variety of colorful, nutrient-dense fruits and vegetables throughout the day.

What does this look like in real life? Add berries or sliced pears to breakfast, spinach or peppers to an omelet, roasted carrots or butternut squash to lunch or dinner, or toss some broccoli and red cabbage into a grain bowl. Fresh, frozen, and canned produce can all be part of a nutritious eating pattern. You don't need to create a perfect "rainbow plate" at every meal, simply look for opportunities to add a new color, fruit, or vegetable throughout your day. Over time, those small additions can help create a more varied and nutrient-rich eating pattern.

A 2022 review of 86 studies found that colorful fruits and vegetables were associated with benefits for heart health, inflammation, blood sugar, and overall health. The takeaway?

Eat a variety of colors for a variety of benefits!

[SEE THE RESEARCH](#)



Myth or Morsel?

SEPARATING FACTS FROM FICTION IN NUTRITION

Myth

Fruit is too high in sugar, especially apples and pears.

Morsel

Whole fruit provides fiber, vitamins, minerals, and carbohydrates.

Fruit contains naturally occurring sugar, but that doesn't make it an unhealthy choice. Whole fruits also provide fiber, vitamins, minerals, and antioxidants that support overall health. For most adults, a serving is about 1 medium piece of fruit or 1 cup of cut fruit, and including fruit regularly throughout the week can be part of a balanced eating pattern. Rather than avoiding fruit because of its natural sugar, try pairing it with a source of protein or healthy fat, such as an apple with cheese or a pear with Greek yogurt for a satisfying snack.

Seasonal Spotlight

USING SEASONAL FOODS TO SUPPORT YOUR HEALTH

Pears

Pears are a delicious source of fiber, vitamin C, potassium, and antioxidants, making them a naturally sweet and nutritious addition to fall meals and snacks. Their fiber can help support digestive and heart health, while their natural sweetness makes them a satisfying way to enjoy something sweet. Fun fact: Pears are one of the few fruits that are best picked before they fully ripen! They ripen from the inside out, which is why a pear may still feel firm when you buy it

Pears are an excellent source of dietary fiber, with about 6 grams of fiber in one medium pear—roughly 20% of the daily value. Fiber supports digestive health, helps promote fullness, and can contribute to healthy blood sugar and cholesterol levels. Keep the skin on for even more fiber and nutrients!

[SEE THE RESEARCH](#)





INGREDIENTS

Wet ingredients:

- ¼ cup butter
- 2 eggs
- ¼ cup pure maple syrup
- 1 ¾ cups unsweetened almond milk (or any milk of choice)
- 1 tablespoon vanilla extract

Dry ingredients:

- 2 cups old fashioned rolled oats
- 1 ½ teaspoons cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt

Mix-ins:

- 2 small to medium ripe bartlett pears, diced (about 1 ½ cups diced pears)

Optional:

- ¼ cup finely diced walnuts (or sub pecans)

Vanilla Brown Butter Pear Baked Oatmeal

Cozy, comforting, and packed with fiber, these vanilla brown butter pear baked oats make a delicious fall breakfast or snack. Pair with Greek yogurt or cottage cheese for added protein, or mix in protein powder for a more filling meal.

Prep Time: 25 min | **Cook Time:** 35 min | **Total Time:** 1 hr | **Yield:** 6 servings



[SEE THE FULL RECIPE HERE](#)

DIRECTIONS

1. Preheat the oven to 350 degrees F. Grease a 9x9 inch pan with oil or nonstick cooking spray and set aside.
2. First, brown your butter: add butter to a small saucepan and place over medium heat. Once melted, the butter will begin to crackle, and then eventually foam. This will take a few minutes. Make sure you whisk constantly during this process. After a couple of minutes, the butter will begin to brown and turn a nice golden amber color on the bottom of the saucepan. Continue to whisk and remove from heat as soon as the butter begins to brown and give off a nutty aroma. Set aside to cool for 5 minutes.
3. In a large bowl, whisk together the eggs, pure maple syrup, almond milk and vanilla extract.
4. Add the dry ingredients to the bowl with the wet ingredients: oats, cinnamon, baking powder and salt. Mix until combined, then stir in diced pears and finally, the browned butter.
5. Pour mixture into the prepared pan and smooth top. Sprinkle the top with chopped walnuts, if using. Bake for 35-45 minutes or until the edges are slightly golden brown and center is set. Remove from the oven, allow to cool for 10 minutes, then cut into 6 slices and serve.



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