Look no further than the limits of Illinois to find fresh, healthy food to enjoy year round. Illinois is a leading producer of soybean, corn, and swine, but also grows and raises many other commodities such as cattle, wheat, fruits, vegetables, and even ostriches!

Although Thanksgiving is the traditional time for a large feast, it is still possible to eat healthy. The first Thanksgiving dinner was a celebration of the fall harvest, e.g. fresh locally-grown produce and vegetables. Be sure to include lots of those foods in your feast.

The U.S. Department of Agriculture recently released My Pyramid, the new food pyramid. Use the interactive site, www.mypyramid.gov, to help plan your healthy Thanksgiving feast. After your feast how about a stroll around the neighborhood to work off a few calories?

Walk Across Illinois is pleased to offer a new service. If you have questions about healthy eating and nutrition go to www.WalkAcrossIllinois.org and click on “Heather’s Health Hints.” On this page you can submit questions to our volunteer nutritionist, Heather and read some of her favorite questions and answers. Although Heather will attempt to answer every question we cannot guarantee personal responses.

Fall Harvest
Healthy Foods Grown In Illinois