



What You Eat

Amy Wonnell



What You Eat

Helping You and Your Family Live Well



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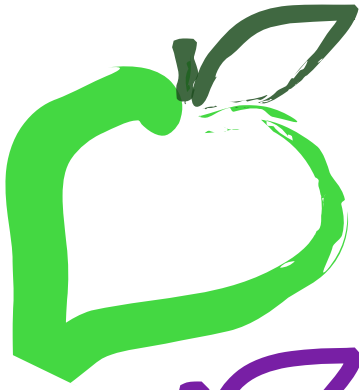


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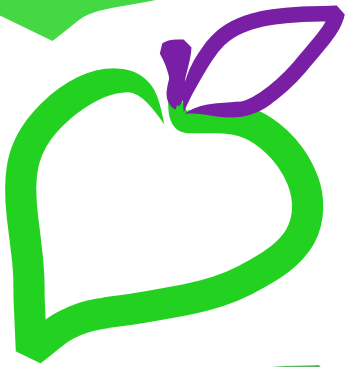


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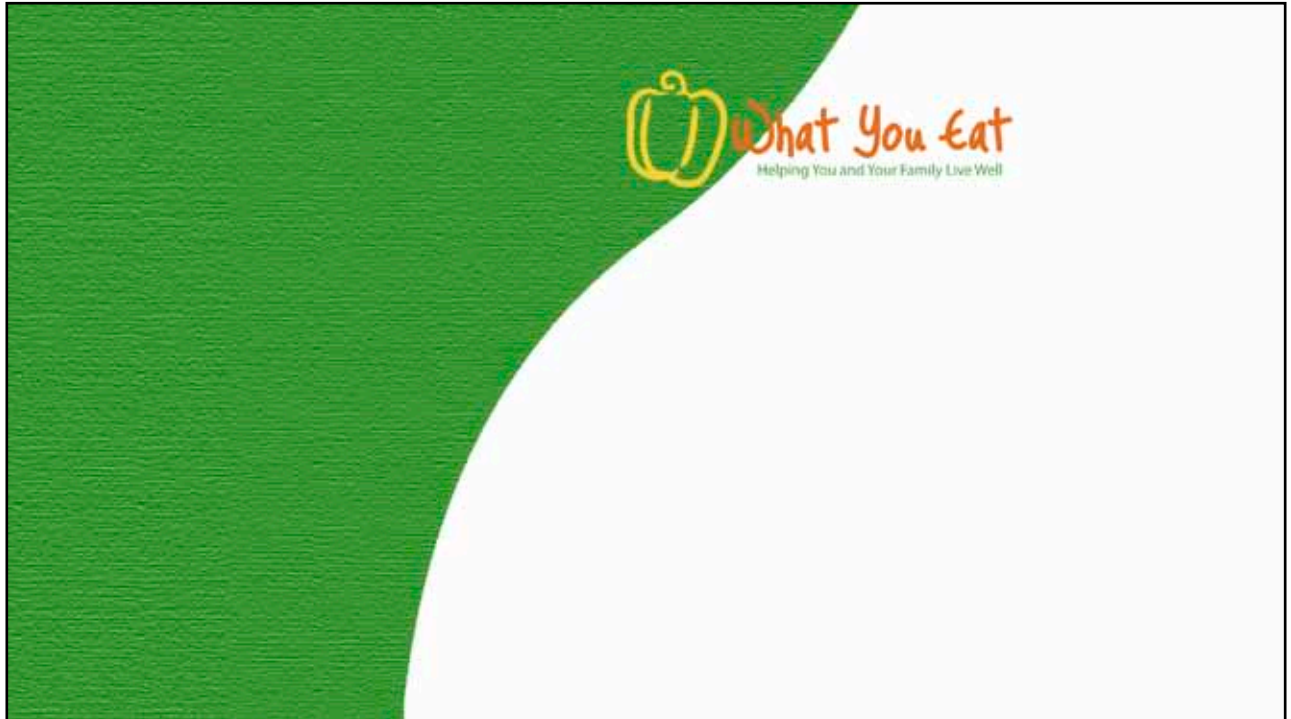
HOME WHO WE ARE FINE DINING TO YOUR HEALTH YOUNGINS' YOUR COMMENTS

THIS WEEK

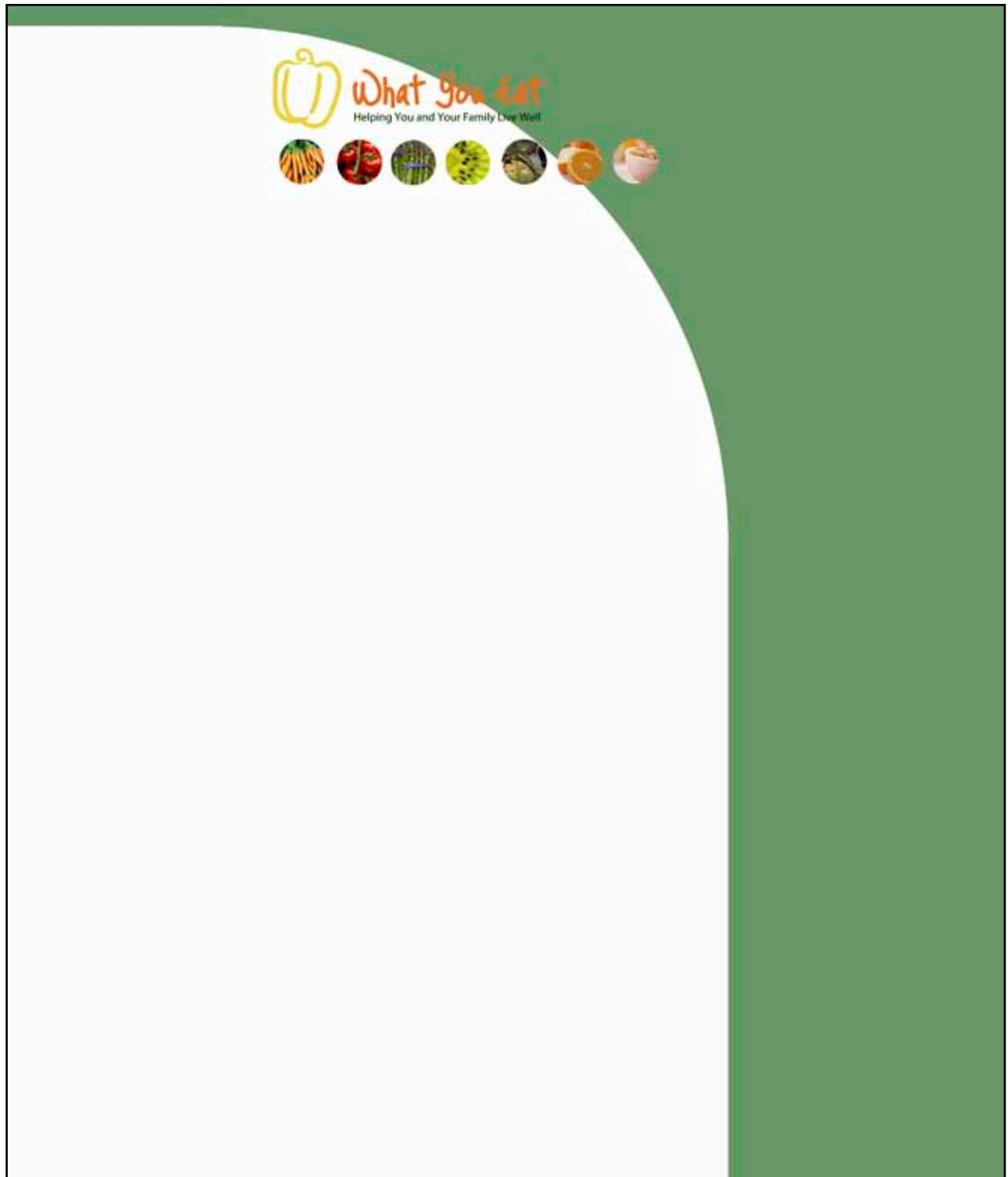
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 What You Eat



What You Eat Helping You and Your Family Live Well

Home Who We Are Dining In or Dining Out To Your Health Reader to Reader Youngins'

THIS MONTH:

A description of the month's theme. Aliquam tristique pharetra posuere. Pellentesque tristique ipsum et nisi interdum sagittis. Praesent in risus vel libero sollicitudin sodales.



WHAT DO THESE FOODS HAVE IN COMMON?



TEST YOUR KNOWLEDGE

1. Aliquam tristique pharetra posuere?

Answer

2. Pellentesque tristique ipsum et nisi interdum sagittis?

Answer

3. Pellentesque tristique ipsum et nisi interdum sagittis?

Answer

4. Praesent in risus vel libero sollicitudin sodales?

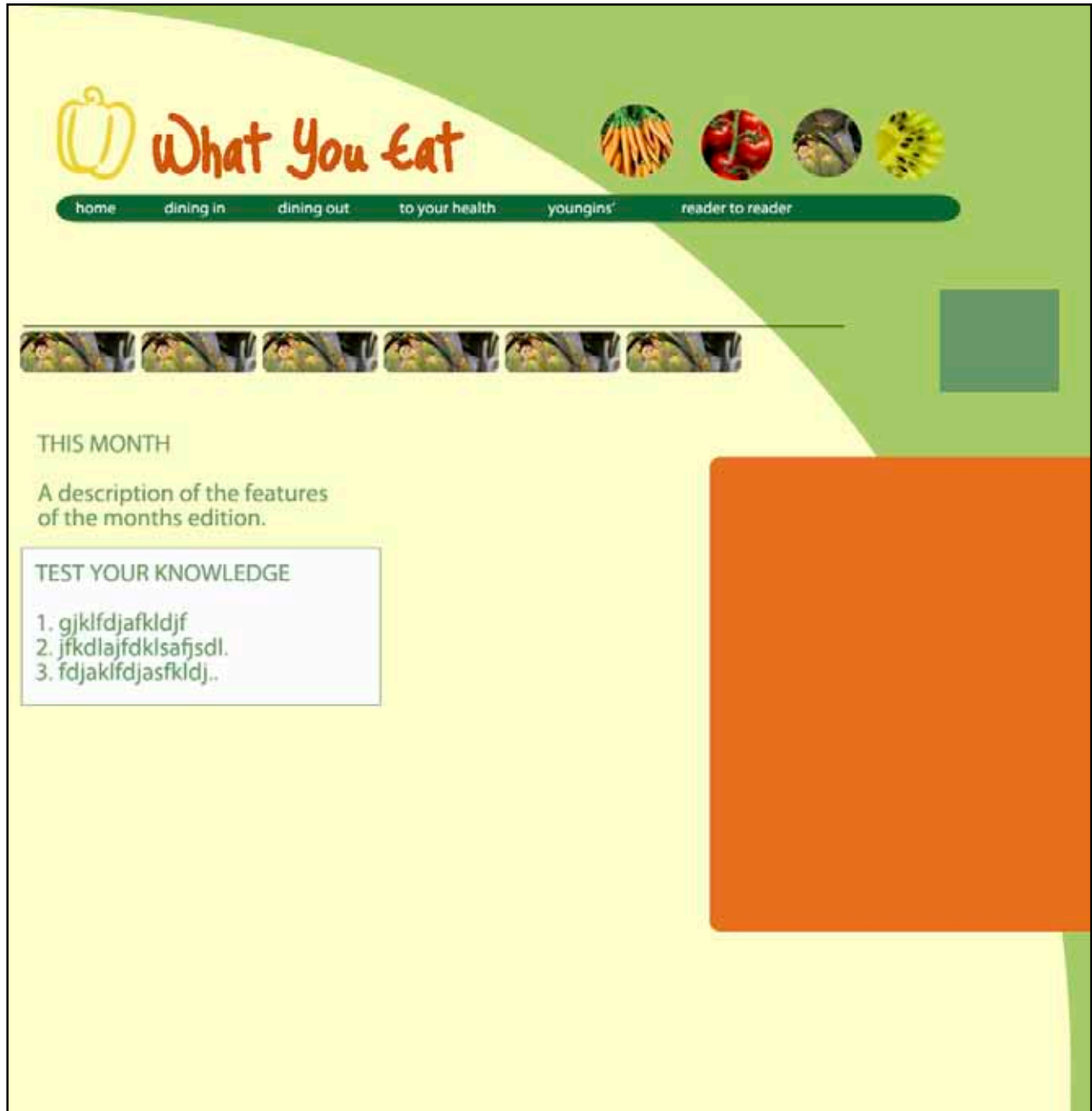
Answer



Butternut Squash
Soup with Apple
and Nutmeg



- 4 TBSP unsalted butter
- 1 large white or yellow onion, chopped
- One 3-pound butternut squash, peeled, seeded and cut in cubes (about 6 cups)
- 2 medium carrots, peeled and chopped
- 2 medium cooking apples, such as Golden Delicious, peeled, cored, and chopped
- 1 small Yukon Gold or other all-purpose potato, peeled and chopped
- 1 bay leaf
- 1/4 teaspoon nutmeg





What You Eat

home • eat in • eat out • to your health • kiddos • you share

This Month:

-  [eat in >>](#)
Recipes rich in vitamin C. Start preparing to help fend off the winter colds and flus.
-  [eat out >>](#)
Antonio's Place. How to make the most out of your visit to the pizza palace!
-  [to your health >>](#)
Does Vitamin C really protect from colds and flus? Read the latest research findings.
-  [kiddos >>](#)
Spice up your cereal. Making granola with your kids is a great chilly day project!
-  [you share >>](#)
Susan from Southland Bay. Last month's homemade baby food a success!

What do these foods have in common?



Test Your Knowledge

1. Aliquam tristique pharetra posuere?
[answer](#)
2. Pellentesque tristique ipsum et nisi interdum sagittis?
[answer](#)
3. Pellentesque tristique ipsum et nisi interdum sagittis?
[answer](#)

This Month's Recipes

Butternut Squash Soup

Fall is the perfect season for soup! This is a tasty and healthy choice that could become a favorite.





FAMILY FOOD
BY ANNE WHEAT
Food for the whole family

Title of the Health Article
A key phrase from the health article with a link to read more.

Quote from You Share
Check out what other readers have to say...

Restaurant Review
A key phrase from the review with a link to read more.

Contact
Contact information.
Credits
Web site design information.



What You Eat
home • eat in • eat out • to your health • kiddos • you share

this month:

- eat in**
 Recipes rich in vitamin C. Start preparing to help fend off the winter colds and flus.
[read more »](#)
- eat out**
 Antonio's Place. How to make the most out of your visit to the pizza palace!
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what do these foods have in common?

test your knowledge

1. Why is it important to eat vitamin C every day? [answer](#)
2. What type of fruit is high in vitamin C? [answer](#)
3. What mineral does vitamin C help your body to absorb? [answer](#)
4. What is the technical name for vitamin C? [answer](#)
5. What disease results from a deficiency in vitamin C? [answer](#)

this month's recipes

« Chickpea Spinach Soup A cold day favorite! »

The Benefits of Vitamin C: Myth or Reality?
The benefits of vitamins seemed to have been overlooked for years, but now we are turning more to what we eat when we try to stay healthy.
[read more »](#)

"I tried last month's baby food recipe and my little girl loved her healthier new cuisine!"
Check out what other readers have to say.
[read more »](#)

Restaurant Review
This month's restaurant: Antonio's
I love the atmosphere at Antonio's. They are always so jovial and they goof around with the kids too!
[read more »](#)

Contact
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Email:
Comments:

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