**Tales from the Scales**

**WEEK 8**

**Nutritional Tip:**
Orange-colored vegetables, such as pumpkin, sweet potatoes, and carrots, are rich in vitamin A. Vitamin A is important to vision and the development and maintenance of healthy skin, hair, and immune functions.

**Physical Activity Tip:**
Dress for comfort. When you are comfortable, you are more likely to walk further and stay active than if you are wearing uncomfortable clothes or shoes.

**Health Tip:**
Health coaches are available to support you in your healthy living goals, whether you’re trying to manage your weight or quit using tobacco. Call the Health Coach line at 1-800-807-0751.

**Laura Fath**  
UPMC Health Plan Health Coach

Advice from Laura: Walk the dog. If you don’t have one, borrow your neighbor’s. You’ll have a new walking buddy that will be waiting for you every day.

**Motivational Tip:**
“You may have to fight a battle more than once to win.”  
-Margaret Thatcher

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**Pumpkin Custard**

**Ingredients:**
- 2 cups canned pumpkin
- 1 1/2 cups vanilla soy milk
- 1/2 cup + 2 Tbsp. honey
- 2 tsp. kosher salt
- 2 tsp. pumpkin pie spice
- 2 large eggs

**Preparation:**
1. Preheat oven to 350°F. Have ready six 1-cup greased ramekins or ovenproof custard cups and a roasting pan large enough to hold all the cups. Fill a tea kettle with water, bring to a boil, and remove from heat.
2. Combine all ingredients thoroughly in mixing bowl using a wire whip or electric mixer. Divide mixture evenly among 6 prepared cups, filling approximately 1/2 full. Place cups in the roasting pan.
3. Place roasting pan with custard cups on a middle rack in preheated oven and carefully pour water around cups so water level is approximately halfway up the sides of the custard cups.
4. Cover loosely with foil and bake 40 to 50 minutes or until a knife inserted in the center of custard comes out mostly clean and hot to the touch.
5. Remove roasting pan from oven and let custards cool to room temperature in the water. Remove from water and chill or serve immediately.

**Serving suggestion:** Serve with non-fat whipped topping.

Yields 6 (1/2-cup) servings. Nutritional Information Per Serving: 149 calories, 5g protein, 27.8g carbohydrate, 3g fat, 79mg cholesterol, 425mg sodium

UPMC Health Plan is proud to sponsor America On the Move in Pittsburgh — part of a national initiative to promote active living and healthy eating across the country. Visit the America On the Move website at www.americathemove.org and click on “Get Involved Today” to access free tools for tracking and modifying physical activity, eating, and body weight.