



Health Benefits of Pumpkin

Pumpkins are not just Halloween or Thanksgiving decorations. Along with other winter squash, pumpkin is a nutritious and inexpensive addition to your fall and winter meals. Enjoy roasted or pureed.

1 cup mashed pumpkin provides:

- 49 Calories, 2 gm protein, 3 gm fiber, no fat, no cholesterol

Potential benefits of consuming pumpkin:

- Rich source of beta carotene, a powerful antioxidant associated with lower risk of cancer, heart disease and diabetes
- Good source of potassium for lowering blood pressure
- Vitamin C in pumpkin protects against macular degeneration
- Also contains B vitamins, iron and magnesium
- Use cubes in soups and stews; Roast for a delicious side dish
- Pureed pumpkin can be added to sauces, mixed into muffins or pancake batter, or substituted for oil or butter in recipes. Make your own puree or buy canned without added ingredients
- Roast pumpkin seeds for a nutritious snack for the whole family

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