



# The Great Pumpkin



The bright orange color of a pumpkin indicates that the pumpkin is loaded with an important antioxidant, beta-carotene. Beta-carotene is converted to vitamin A in the body, and as it is converting, performs many important functions that help to keep your body healthy. Current research indicates feasting on foods that contain beta-carotene may help to reduce the risk of developing certain cancers, protect against heart disease, and slow down some degenerative aspects of aging.

Although many people will think immediately of pie, when they think about autumn pumpkins, this nutritious harvest vegetable can also be used in cookies, breads, soups, pureed in a smoothie, or roasted with cinnamon and nutmeg for a tasty snack.

And don't forget the seeds! Pumpkin seeds are high in essential amino acids and zinc, and are a great source of iron, protein and fibre. Pumpkin seeds make a tasty snack and can be used in tossed salads, casseroles, soups, and baked goods. Although roasted pumpkin seeds make a tastier snack, raw seeds deliver a higher nutritional value.

<b>NUTRITIONAL FACTS</b>			
<b>Serving Size:</b> 1 cup cooked, boiled and drained without salt			
<b>Calories</b>	49		
<b>Total Fat</b>	0g		
<b>Trans Fat</b>	0g		
<b>Cholesterol</b>	0mg		
<b>Sodium</b>	20mg		
<b>Total Carbohydrate</b>	12g		
<b>Dietary Fibre</b>	3g		
<b>Sugars</b>	2g		
<b>Protein</b>	2g		
<b>Vitamin A</b>	245%	<b>Vitamin C</b>	19%
<b>Calcium</b>	4%	<b>Iron</b>	8%