



# Squash

## Health Benefits of Winter Squash

Includes dozens of varieties like pumpkin, acorn and butternut and spaghetti squash

### 1 cup of cooked winter squash provides:

- 82 Calories, 2 gm of protein and nearly 7 gm of dietary fiber
- No fat or dietary cholesterol
- Contains antioxidants: vitamins A, C, E and folate
- High in calcium, magnesium, phosphorus and potassium

### Nutrients in winter squash

- Vitamin A maintains healthy skin and eye health
- Magnesium is important for heart health
- Squash can be roasted, baked, pureed or sautéed
- Roast the seeds for a crunchy, high-fiber snack

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and these partners:

