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

Potential benefits of consuming pumpkin:

• 49 Calories, 2 gm protein, 3 gm fiber, no fat, no cholesterol
1 cup mashed pumpkin provides:

Health Benefits of Pumpkin

Not just decoration, pumpkin is a nutritious and inexpensive addition to your fall and winter meals. Enjoy roasted or pureed.



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