

Health Tip of the Month

Pumpkins: More Than Just For Carving

Have you ever eaten a pumpkin?

Fall is fresh pumpkin season, but pumpkins can be used to make **delicious healthful treats all year around.**

Fresh or canned, pumpkins are full of essential nutrients, especially **vitamin A, potassium and fiber.**

Pumpkin seeds are packed with **protein** and rich in minerals.



Edible Pumpkin Possibilities

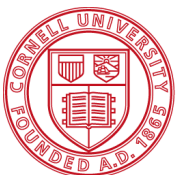
Canned pumpkin is great for making soups, stews, breads, smoothies and spreads. Be sure to use **100% pumpkin puree** in the can, or make your own.



Use **chunks of pumpkin** in healthy stir fries, salads or baked vegetable dishes to add color, texture and flavor.



Try drying, toasting or roasting **pumpkin seeds** for a great crunchy snack. Sealed in an airtight container seeds last for weeks.



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