Pumpkin
Health Benefits & Uses

ADSS Nutrition Team, Fall FY '18

Pure pumpkin: 1 C contains approximately 80 calories, 1 gram (g) of fat, 20 g of carbohydrates, 7 g of fiber, 8 g of sugar, and 3 g of protein.

Pumpkin seeds: Also called pepitas, 1 ounce contains approximately 150 calories, 13 g of fat, 5 g of carbohydrates, 1 g of fiber, 0 g of sugar, and 7 g of protein.

Manganese: This trace mineral, which is important in bone and skin formation and blood sugar control, is found in abundance in pumpkins, particularly in pumpkin seeds. A quarter cup (C) of pumpkin seeds contains 74% of the daily recommended intake (DRI) for manganese.

Phosphorus: Phosphorus makes up approximately 1% of a person's body weight and is mostly stored in bone and teeth. This mineral is vital for carbohydrate and fat metabolism. A quarter C of pumpkin seeds provides 57% of the DRI for phosphorus.

Zinc: This mineral is a necessary part of many enzymes and plays a role in enzyme production, which allows the body to do many things. No one food is a great source of zinc, but ¼ C of pumpkin seeds does provide 23% of the DRI for zinc. Other sources of zinc include meats and other nuts and seeds.

Magnesium: A serving of pumpkin seeds is one of the greatest sources of magnesium, along with dark leafy greens and beans. A quarter C of pumpkin seeds provides close to 50% of the DRI for magnesium. Magnesium is a mineral that plays a role in energy production and bone formation.

Copper: Copper plays a role in energy production and in antioxidant protection. ¼ C of pumpkin seeds provides close to 50% of the DRI for copper.

Add Ins: Adding just 2 Tablespoons of pumpkin to a fall smoothie, soup, or bowl of morning oatmeal is the perfect way to reap both the health benefits and delicious taste of this fall favorite.

Check out this easy pumpkin dessert!

Mini Pumpkin Fluff Pie

Combine ingredients and plate onto mini size graham cracker crusts, refrigerate for 1 hour, and enjoy.

- 15 oz can pumpkin
- 8 oz Lite whipped topping
- 1 packet vanilla sugar free pudding powder
- 1 tsp pumpkin pie spice

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