



## PUMPKINY GOODNESS

# pumpkin

Pumpkins are a member of the gourd family, which includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini. Beta-carotene is responsible for giving pumpkins their bright, orange color. It is an important antioxidant that is converted to vitamin A in the body.

### DID YOU KNOW?



- The name pumpkin originated from the Greek word "pepon," meaning large melon.
- Pumpkin flesh is high in fiber and the seeds are a good source of protein.
- Pumpkins can range in size from less than a pound to more than 1,000 pounds!
- 1 cup of cooked pumpkin flesh is less than 50 calories.
- Pumpkins are 90 percent water.

### WELLNESS TIP

Try sitting on an exercise ball instead of a chair at work. This will help strengthen your abs and back and can also help improve your posture.

### SHOPPING, PREPARING AND STORING



- Select pumpkins that are free of blemishes, harvested with their stems intact and feel heavy for their size.
- Choose smaller pumpkins for a tender, sweeter and less-watery flesh.
- Pumpkins can be kept for up to a month in a cool, dry place.
- Leftover cooked pumpkin can be frozen for up to a year.

### COOKING TIPS



- Pumpkins can be baked, steamed or boiled and the seeds can be roasted as a snack.
- Pumpkin puree can be incorporated into many baked dishes, soups, curries, smoothies and dips.

### BAKED PUMPKIN

serves 8

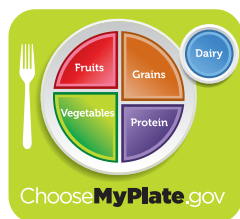
- 1 pumpkin, halved and seeded, cut into cubes or slices
- 1/2 cup brown sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon



1. Preheat an oven to 325°F.
2. Place pumpkin in a baking dish and sprinkle with sugar and salt; mix well.
3. Cover baking dish with foil and bake for about 30-40 minutes, or until soft.
4. Sprinkle with cinnamon and nutmeg and serve warm.

Recipe adapted from What's Cooking? USDA Mixing Bowl  
United States Department of Agriculture

Calories: 110; Total Fat: 0 g; Saturated Fat: 0 g;  
Total Carbohydrates: 29 g; Protein: 1 g; Sodium: 290 mg



### CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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