NUTRITION AND YOU...PUMPKINS

FOOD FOR THOUGHT
The bright orange color of pumpkins tells us they are loaded with beta-carotene, an important antioxidant. Beta-carotene is changed into Vitamin A in the body. Vitamin A is important for healthy eyes. Try making your own pumpkin puree; cut a pumpkin into large chunks and rinse in cold water. Boil for 20-30 minutes or steam for 10-12 minutes. When cool, remove the peel and puree the pumpkin using a blender, food processor or potato masher. Use in pies, breads or puddings.

SHOP SMART
In Ohio, locally grown pumpkins are found in October, with some availability in September and November.

Note: 1 cup of cooked pumpkin provides 1 cup of your daily vegetable requirement.

EAT HEALTHY
Pumpkins are:
- An excellent source of Vitamins A and C
- A good source of dietary fiber
- Cholesterol free
- Low in sodium
- Low in calories

KEEP IT SAFE
These food safety tips will help protect you and your family:
- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash pumpkins under running water before cutting or preparing them.
- Cut away damaged or bruised areas. Discard pumpkins that look spoiled.

Your Local Story here:
18 pt Arial Bold Headline
Text in 11 pt. Arial Regular
Pumpkin and Bean Soup

Ingredients:
- 1 can white beans
- 1 small finely chopped onion
- 1 cup water
- 1 can (15 ounce) pumpkin
- 1/2 cups apple juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg, or allspice, or ginger
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Instructions:
1. Blend white beans, onion, and water with a potato masher or blender till smooth.
2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
3. Add the blended bean mixture to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

FOCUS ON FITNESS
- Plan a trip with your family to a nearby pick-your-own pumpkin patch.
- Walk together through the fields to find your special pumpkin.
- Share your childhood experiences about pumpkins.
- Play a game to see who can find the biggest, smallest, roundest, and the tallest pumpkins.

REFERENCES
- The Recipe Finder. SNAP-Ed Connection
  recipefinder.nal.usda.gov/
- United States Department of Agriculture,
  ChooseMyPlate choosemyplate.gov
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992

REMEMBER:
Be physically active for at least 30 minutes most days of the week.

Nutrition Facts – Pumpkin and Bean Soup

Cost: Per Recipe: $2.45 Per Serving $0.41
Serving Size: 1 cup prepared soup (1/6 of recipe)
Calories: 140 Calories from Fat: 5

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Total Fat – 0.5 g</td>
<td>1%</td>
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<tr>
<td>Saturated Fat – 0 g</td>
<td>0%</td>
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<tr>
<td>Dietary Fiber – 7 g</td>
<td>28%</td>
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<tr>
<td>Sodium – 110 mg</td>
<td>5%</td>
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<tr>
<td>Sugars – 9 g</td>
<td></td>
</tr>
<tr>
<td>Protein – 7 g</td>
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</tbody>
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*Percent daily value based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

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