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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: 1cup 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



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Pumpkin and Bean Soup

Ingredients:

- 1 can white beans
- 1 small finely chopped onion 1 cup water
- 1 can (15 ounce) pumpkin 1
- 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.

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

Per Serving	% Daily Value*
Total Fat – 0.5 g	1%
Saturated Fat – 0 g	0%
Dietary Fiber – 7 g	28%
Sodium – 110 mg	5%
Sugars – 9 g	
Protein – 7 g	

*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

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.



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