



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.



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

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

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.

Sweeten the Holidays Holidays can be troubling times for folks on a diabetic diet. So the American Diabetes Association offers these suggestions to make our celebrations a little sweeter.

- You can enjoy an occasional sugar-containing food, but it must be substituted for other carbohydrates already in your diet. If you want a small slice of pumpkin pie, give up the baked potato and toppings at dinner.
- When you are making a festive dessert, try cutting the sugar by one-third to one-half and increasing the cinnamon, nutmeg, vanilla and any other sweet-tasting spices and flavorings.
- Take a smaller serving size of dessert or scrape off the high-fat whipped cream topping. Volunteer to bring a favorite low-sugar dish such as baked apples or sugar-free puddings. Don't take a holiday from your exercise routine.

Source: www.lightandtasty.com

Cooking class at Samaritan Outreach Services Thursday, December 12th, 1-3 PM Call 393.2220



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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*	*Percent daily value
Total Fat – 0.5 g	1%	Based on a 2,000
Saturated Fat – 0 g	0%	calorie diet. Your
Dietary Fiber – 7 g	28%	daily values may
Sodium – 110 mg	5%	be higher or lower
Sugars – 9 g		depending on your
Protein – 7 g		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.

REMEMBER:

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

REFERENCES

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



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