



Pumpkins for Jack-O-Lanterns and Nutrition

Pumpkins shouldn't only be used as your jack-o-lantern or Halloween costume. Their versatility and nutritional content make them a perfect staple for meals and snacks.

6 Reasons to Eat Pumpkin and Its Seeds

1. Pumpkin contains fiber that can promote weight loss by keeping you fuller for longer.
2. The seeds can help decrease your cholesterol with their healthy fat content.
3. Pumpkin protects eye sight with its high vitamin A content.
4. Pumpkin can help strengthen your immune system.
5. Pumpkin contains tryptophan that produces serotonin, which makes you feel good, relax and unwind. It may help boost your mood and promote sleep.
6. Pumpkin also promotes hydration and improves skin health.



Roasted Pumpkin Seeds

Instructions

- Remove the seeds from one large pumpkin, rinsed and dried. Preheat oven to 350 degrees F.
- Place pumpkin seeds in a bowl and drizzle or mist with olive oil. Toss to coat.
- Scatter pumpkin seeds onto a baking sheet in a single layer. Sprinkle with salt.
- Bake for 25 minutes (but check and shake the pan often to toast both sides) until light brown and crispy.

For a sweet twist, sprinkle seeds with cinnamon instead of salt.

5 Surprising Ways to Enjoy Pumpkin this Fall

1. **Pumpkin Yogurt**— Stir 1/4 cup unsweetened pumpkin puree into 1/2 cup low fat plain Greek yogurt for a fiber boost and a seasonal twist to your yogurt. Mix in a pinch of cinnamon and nutmeg to bring out the fall flavors.
2. **Roast the flesh**— Roast pumpkin in the oven with olive oil, cinnamon, nutmeg, and a sprinkle of brown sugar for a sweet side dish packed with vitamin A and C.
3. **Pumpkin as a salad topper**— Top your salad with roasted pumpkin cubes. Pumpkin is delicious on a spinach salad with walnuts and goat cheese.
4. **Pumpkin hummus**— Stir pumpkin puree into plain hummus for a sweeter dip for raw veggies or whole grain crackers.
5. **Toast the seeds**— See my recipe for roasted pumpkin seeds. Just be careful with portion size. 2 Tbsp. contains approximately 112 calories, 9.8 g of HEALTHY fat, 6 grams of protein and 2 grams of carbohydrates for a satisfying and healthy snack.

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!

Our Nutritionists

Alex Kaplan Corwin &
Vanessa Wissing

