



Pumpkin



Pumpkins Pack a Punch of Fiber, Flavor and Fun!

Nutrition Tips

- One cup cooked pumpkin has only 40 calories and provides 4 grams of fiber.
- Pumpkin is a low fat source of Vitamin E, Vitamin A, beta-carotene, lutein and potassium.
- Good source of soluble and insoluble fiber.

How to Pick a Perfect Pumpkin

- Look for “sugar” or “pie” pumpkins, close to the size of a cantaloupe.
- Choose pumpkins with a 1-2 in. stem that are heavy for their size.

How to Increase Consumption

- Stir a few tablespoons of pumpkin into your morning oatmeal.
- Swirl pumpkin into yogurt and top with granola for breakfast.
- Replace ½ the fat in baked recipes (such as cakes, muffins or pancakes) with an equal amount of pumpkin puree.
- Serve pumpkin as a side dish as you would squash or potatoes.
- Flavor with a bit of butter, salt and pepper, or a drizzle of maple syrup and a pinch of cinnamon.



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Pumpkin Recipe

Pumpkin Pudding Whip

Serves 6

- 1 (3.12 oz) box instant vanilla pudding mix*
- 1 ½ cups skim milk
- 1 cup canned pumpkin
- 1 tsp. pumpkin pie spice
- 2 cups fat-free whipped topping

In a mixing bowl, beat pudding mix and milk until well blended and thickened. Blend in pumpkin and pie spice. Fold in whipped topping. Spoon into dessert dishes or hollowed out miniature pumpkins and chill until serving. Or freeze the whip between two graham crackers for a frozen treat.

* Sugar-free instant vanilla pudding mix can be substituted to lower sugar content.

Per serving: 140 calories, 0 g fat, 3 g protein, 26 g carbohydrate, 1 g fiber, 160 mg sodium

****This recipe is a Foot Steps to Health recipe and is 500 Club Approved.****

Simple Preparation of Pumpkin:

1. Cut a cantaloupe size pumpkin in half.
2. Remove the seeds.
3. Place it cut side down on a plate and microwave for 15 minutes, or until soft.
4. Scoop out the cooked pumpkin.
5. Mash and add some butter and brown sugar.

Pumpkin Puree:

- Follow the above directions, 1-4.
- Blend cooked and cooled pumpkin until smooth.
- Pumpkin puree can be stored for 3-5 days in the refrigerator or up to 12 months in the freezer and can be used just like canned pumpkin.

Roasted Pumpkin

- Follow the above directions, 1-2.
- Save seeds for roasting at a later date, if preferred.
- Put the two pumpkin halves in a shallow baking dish and cover with foil.
- Bake for 1 hour in a 350° preheated oven for 1.5 hours.
- Mash or puree.

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<http://www.childhoodobesitycoalition.org/>