

# NUTRITION

## Harvest Produce: Pumpkins

*Not just for carving!*

**Pumpkin** is a nutrient dense vegetable – it's packed full of vitamins and minerals with only a few calories! Each cup of **pumpkin** provides:

- 7 grams of fiber
- 760% of your daily vitamin A
- 17% of your daily vitamin C
- 19% of your daily Iron
- Only 80 calories

How can you incorporate **pumpkin** into your diet? Well besides the obvious form of **pumpkin** pie, you can try this super vegetable in foods such as:

- Soups
- Chili
- Pasta Sauces
- Indian Dishes
- Pancakes
- Oatmeal
- Roasted with Vegetables
- Toasted Pumpkin Seeds



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