

= Foodie Friday =

October is **National Pumpkin Month!**

Let's talk about it.



Antarctica is the only continent that can't grow pumpkins.



There are about 500 seeds in every pumpkin.



Pumpkins are fruits.



DID YOU KNOW?



Pumpkins are planted in the summer in order to be ready for October.



Every part of a pumpkin is edible.



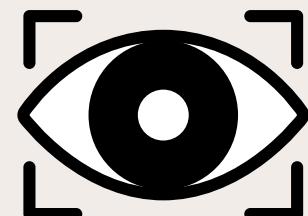
Pumpkin originates from the Greek term "pepon", which means "large melon".

Nutrition

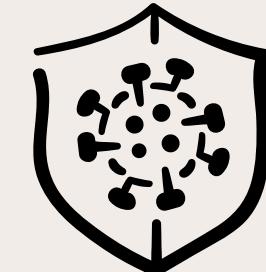
Nutrition Facts	
Serving size	Canned Pumpkin (125ml)
Amount Per Serving	
Calories	45
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1.8mg	10%
Potassium 267mg	6%
Vitamin A	80%
Vitamin C	6%
Folate	4%
Phosphorus	4%
Magnesium	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pumpkins are a source of beta carotene. Beta carotene then becomes vitamin A in the body.



vision



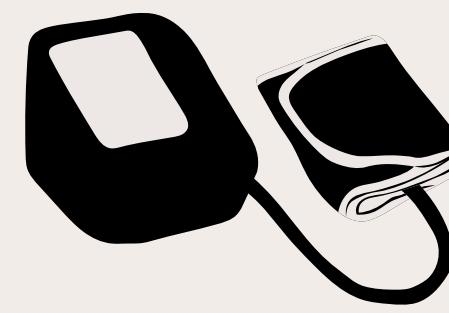
immune system



Pumpkins are also a source of potassium.



heart health



blood pressure control



Fiber, vitamin C, iron and magnesium are other nutrients found in pumpkins!

Recipes

Click on each name for the recipe!

[Pumpkin Bread](#)

[Oven Roasted Pumpkin Seeds](#)

[Pumpkin Hummus](#)

[Pumpkin Soup](#)

[Pumpkin Pie Smoothie](#)