

Pumpkins— More Than a Fall Decoration



Pumpkins are seen on front porches all fall, but what about its nutritional value? Pumpkins are in the cucurbits and in the gourd family that includes: acorn squash, butternut squash, spaghetti squash, zucchini, yellow squash. and many more. Interestingly enough, pumpkins are technically in the fruit foods group. According to botanists (people who study plants), a fruit is the part of the plant that develops a flower

standpoint on which foods are
fruits and which are vegetables.

For instance from a culinary
standpoint, fruits are usually
sweet or tart and used for baking
and snacking while vegetables
are less sweet and more savory.
No matter the case, both fruits
and vegetables are both similar in
comparison to other products
where they are both generally
lower in calories and fat and are
higher in fiber.

Inside this issue:

Pumpkins—More Than a Fall Decoration	1-2
Pumpkin Nutrition Facts	3
Mineral— Copper	4
Recipe— Roasted Pumpkin & Toasted Pumpkin Seeds	5
Brain Exercise	6
October Monthly Observations	7
Monthly Health Motivator Tips	8

(Continues on Page 2)

Pumpkins—More Than a Fall Decoration

(Continued from Page 1)

When we hear of pumpkin foods, we first think of sweet treats and beverages but pumpkins can be used in so much more. They can be roasted, boiled, grilled, steamed, added as a side note or even as a highlight to any meal. Many times we do not take full advantage of the health benefits a pumpkin can provide. According to the National Institute of Health, pumpkins have many health benefits including: aid in vision health, may reduce the risk of certain cancers, helps to protect the skin, boost your mood, and boost your immune system.

The flesh or meaty part of the pumpkin is packed with nutrients. One single cup of cooked (boiled) pumpkin with nothing added provides more vitamin A than we need for the entire day. Vitamin A contributes to aid with vision in dim lighting. For vitamins and minerals, the flesh of the pumpkin is also a source of vitamin C, riboflavin, potassium copper, manganese, and just like other fruits and vegetables it contains fiber.

Not only can we eat the flesh of a pumpkin, we can also eat the seeds of a pumpkin. They both provide different nutritional values. Roasted pumpkin seeds without added salt contains omega-3, omega-6, protein, iron, magnesium, potassium, zinc, copper, and manganese.

Pumpkins by some have been identified as a super food because of their nutrient quantity and quality. Instead of just using pumpkins in your fall decorations, also add pumpkins into your fall diet!

Seeds, pumpkin and squash seeds, whole roasted, without salt

Serving size: 1 cup (64g)

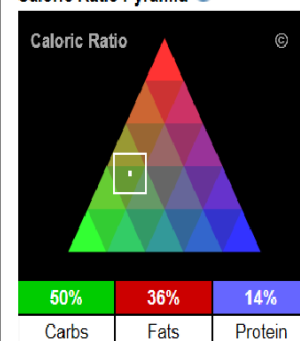
FOOD SUMMARY

Nutrition Facts

Serving Size 64 g	
Amount Per Serving	
Calories 285	Calories from Fat 104
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2g	12%
Trans Fat	
Cholesterol 0mg	0%
Sodium 12mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber	0%
Sugars	
Protein 12g	
Vitamin A 1%	Vitamin C 0%
Calcium 4%	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

[Download Printable Label Image](#)

Caloric Ratio Pyramid [What is this?](#)



NutritionData's Opinion [What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is very low in Cholesterol and Sodium. It is also a good source of Protein, Magnesium and Zinc.

Pumpkin, cooked, boiled, drained, without salt

- Add to Tracking
- Add to Compare
- Create Recipe
- Add to My Foods

Serving size: 1 cup, mashed (245g) ▼

FOOD SUMMARY

Nutrition Facts

Serving Size 245 g

Amount Per Serving

Calories 49 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 11%

Sugars 2g

Protein 2g

Vitamin A 245% • Vitamin C 19%

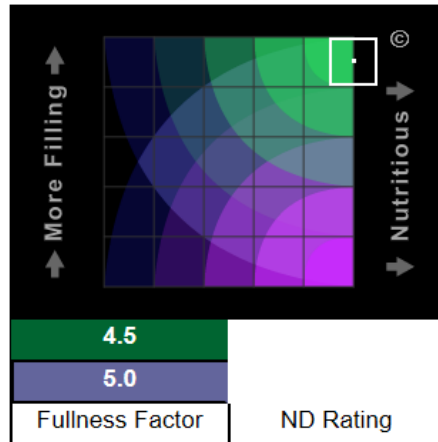
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

[Download Printable Label Image](#)

Nutritional Target Map [What is this?](#)



NutritionData's Opinion [What is this?](#)

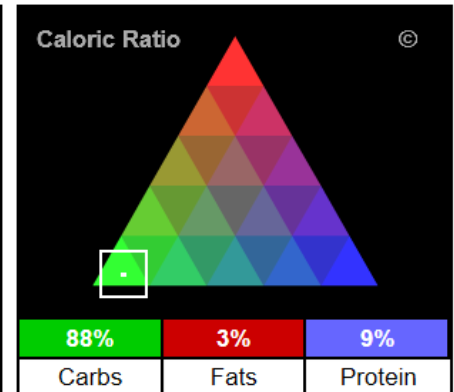
Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Vitamin B6, Folate, Iron, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Riboflavin, Potassium, Copper and Manganese.

Caloric Ratio Pyramid [What is this?](#)



Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	12231 IU	245%
Vitamin C	11.5 mg	19%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	2.0 mg	10%
Vitamin K	2.0 mcg	2%
Thiamin	0.1 mg	5%
Riboflavin	0.2 mg	11%
Niacin	1.0 mg	5%
Vitamin B6	0.1 mg	5%
Folate	22.0 mcg	6%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.5 mg	5%
Choline	15.2 mg	
Betaine	~	

Minerals

Amounts Per Selected Serving		%DV
Calcium	36.7 mg	4%
Iron	1.4 mg	8%
Magnesium	22.0 mg	6%
Phosphorus	73.5 mg	7%
Potassium	564 mg	16%
Sodium	2.5 mg	0%
Zinc	0.6 mg	4%
Copper	0.2 mg	11%
Manganese	0.2 mg	11%
Selenium	0.5 mcg	1%
Fluoride	~	

Information Received From: <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2601/2>

Mineral—Copper

Functions

In the body, copper is a component of enzymes in the metabolism of iron. Copper is a protein that is found in the blood that is involved in the storage of iron.

Recommendations

Dietary References Intakes for 50 years and older:

Both Males and Females: 900 µg/d

Food Sources

Organ Meat

Seafood

Nuts

Seeds

Wheat bran cereals

Whole grain products

Cocoa products



Deficiency

Deficiency in copper could cause paler than normal red blood cells, a reduction in the amount of white blood cells, depigmentation of the skin and hair, impaired immune function and bone abnormalities.

Toxicity

Excessive consumption of copper can cause gastrointestinal distress and liver damage.

Can also cause nausea, vomiting, diarrhea, or jaundice. Toxicity is generally rare. People who have Wilson's disease have an increase in the storage of copper.

Roasted Pumpkin

Makes 4 Servings

Ingredients

- 1 small pumpkin or 1/4 large pumpkin
- Olive oil, to drizzle
- Dash of salt and pepper

Method

- Preheat your oven to 400 degrees Fahrenheit
- Cut pumpkin in half with a large knife. Scoop out the stringy innards of the pumpkin along with the seeds. Set the seed aside and prepare toasted pumpkin seeds later.
- Cut the pumpkin into 1 inch thick slices.
- Place pumpkin slices on a large roasting tray and drizzle with olive oil. Add the dash of salt and pepper. For more flavor combinations, try cumin and curry powder, or clove, cin-



Toasted Pumpkin Seeds

namon and brown sugar, or maybe just maple syrup.

Ingredients

- Pumpkin Seeds
- Salt
- Olive oil
- Spices and seasonings of your preference

Method

- Separate the seeds from the strings and innards from the pumpkin into a mixing bowl.
- Rinse the seed under cold water. Soak the seeds in salt water (optional) and let soak for 8 to 48 hours. Dump all the water out of the bowl after soaking is completed.
- Dry the seeds with paper towels.
- Toss ever cup of seeds with 1 tablespoon olive oil to allow seasonings to stick. Season the seeds with any flavors that you prefer. Examples: additional salt, old bay with chili powder and Cajun seasoning, or sugar with cinnamon and nutmeg.
- Spread the seed on a baking sheet one seed layer thick. Bake in a preheated oven at 325 degrees F for 20-25 minutes or until golden brown, shaking them every 5-10



Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

HALLOWEEN Trivia

1. In relation to this holiday, what does the word 'Hallow' mean?
2. Who is a ghoul?
3. Which tradition was not a precursor of Halloween?
4. What are the two traditional colors of Halloween?
5. Which country did Halloween originate in?
6. Which Catholic holiday is Halloween linked to?
7. What was the name of Dracula's sidekick?
8. From which words did 'bonfire' originate?
9. What does the name Dracula mean?
10. On what do pumpkins grow?
11. Who was the first Wolf Man?
12. What is the fear of Halloween called?
13. What was Dracula's real name?
14. What does the celebration of Samhain signify?
15. What do the Halloween colors black and orange signify?



October 2016

October Monthly Observations

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>World Vegetarian Day</i>
2 <i>National Custodial Worker Day</i>	3 <i>Teachies Day</i>	4 <i>National Frappe Day</i>	5 <i>National Kale Day</i>	6 <i>Physician Assistant</i>	7 <i>Bald and Free Day</i>	8 <i>American Touch</i>
9 <i>Fire Prevention Day</i>	10 <i>Angel Food Cake</i>	11 <i>It's My Party Day</i>	12 <i>National Gumbo Day</i>	13 <i>International Skeptics</i>	14 <i>National Dessert Day</i>	15 <i>Sweetest Day</i>
16 <i>Dictionary Day</i>	17 <i>Wear Something Gaudy Day</i>	18 <i>No Beard Day</i>	19 <i>Evaluate Your Life Day</i>	20 <i>Brandied Fruit Day</i>	21 <i>National Pumpkin Cheese-cake Day</i>	22 <i>National Nut Day</i>
23 <i>Mother-in-law Day</i>	24 <i>National Bologna Day</i>	25 <i>World Pasta Day</i>	26 <i>National Mince-meat Day</i>	27 <i>National Tell a Story</i>	28 <i>Frankenstein Friday</i>	29 <i>Hermit Day</i>
30 <i>Mischief Night</i>	31 <i>Carve a Pumpkin Day</i>					

- Adopt a Shelter Dog Day
- American Pharmacist Month
- Apple Jack Month
- Breast Cancer Awareness Month
- Clergy Appreciation Month
- Computer Learning Month
- Cookie Month
- Eat Country Ham Month
- International Drum Month
- Lupus Awareness Month
- National Diabetes Month
- National Pizza Month
- National Vegetarian Month
- National Popcorn Popping Month
- Seafood Month



Health Motivator Talking Points

Did you know . . . ?

- From Halloween until Valentine's Day, there are many food-filled holidays. The extra calories consumed may not be burned off, because cold weather may prevent us from getting the physical activity we need.
- Parties don't have to focus on food. Instead, focus on fun activities. Halloween is a perfect time for making a scarecrow, bobbing for apples or carving pumpkins.
- Pumpkin carving can become a learning activity by measuring the pumpkin (weight, height, circumference, diameter, etc.) and counting the number of seeds inside. Roast and flavor them for a healthy snack.
- Paint pumpkins to use as porch decorations throughout fall.
- Non-food items for trick-or-treat may include stickers, tattoos, glow sticks, bubbles, balloons, pencils or erasers.
- Healthier alternatives to candy are apples, pears, oranges (tangelos or Clementines), carrot sticks, raisins, dried fruit, fish- or animal-shaped crackers, pretzels, nuts, trail mix, granola bars, sugar-free gum and popcorn.

Quick Club Activity

Remember bobbing for apples? Let's have fun pretending . . .

1. Stand in a circle.
2. Put your arms behind your back and stretch. Slightly bend your knees.
3. Bend at the waist while keeping your back flat.
4. Imagine a big bucket of water and apples are in front of you. Pretend to bob for the apples. Return to standing.
5. Try bobbing again until you get your imaginary apple.

Sources

www.cdc.gov/obesity/data/adult.html

www.cdc.gov/obesity/data/childhood.html

www.cdc.gov/obesity/childhood/basics.html

www.cdc.gov/obesity/adult/basics.html

www.pinterest.com



FOOD AND FITNESS

*This newsletter is created by Kathrine J.
Clark, MS, RD, LD,*

Nutrition Consultant to the West Virginia

Bureau of Senior Services.

Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

1 John Marshall Drive

Huntington, WV 25575



Brain Exercise Answers

1. In relation to this holiday, what does the word 'Hallow' mean? - **Saint**
2. Who is a ghoul? - **Someone who robs graves**
3. Which tradition was not a precursor of Halloween? - **The Celtic tradition of giving thanks at the close of harvest**
4. What are the two traditional colors of Halloween? - **Orange and Black**
5. Which country did Halloween originate in? - **Ireland**
6. Which Catholic holiday is Halloween linked to? - **All Saints' Day**
7. What was the name of Dracula's sidekick? - **Renfield**
8. From which words did 'bonfire' originate? - **Bone and Fire**
9. What does the name Dracula mean? - **Son of the Devil**
10. On what do pumpkins grow? - **Vines**
11. Who was the first Wolf Man? - **Lon Chaney**
12. What is the fear of Halloween called? - **Samhainophobia**
13. What was Dracula's real name? - **Vlad the Impaler**
14. What does the celebration of Samhain signify? - **End of the harvest season**