

# Nutrition Times

October 2018 Nutrition Services

## Everything Pumpkin!



[Pumpkins](#) CCO

I don't know about you, but Thanksgiving and Halloween always make me think about pumpkins! Pumpkins are tasty and nutritious. Both the seeds and the flesh can be used. Read on for some interesting facts about pumpkins.

### Nutrition

Pumpkin flesh is a great source of antioxidants; especially vitamin A which helps keep your eyes and skin healthy. Pumpkin is low in calories but packed with a variety of nutrients. Pumpkin seeds, called pepitas, are high in iron, protein, fibre, and heart healthy unsaturated fats.

### Buying

Pumpkins are usually available locally in September and October. If buying pumpkins for cooking, the small pie pumpkins (under 3 lbs) have the best flavor. Look for pumpkins that are hard and feel heavy for their size. For carving pumpkins look for ones that are large but not too heavy (thin walls are easier to carve). Avoid the ones that have cracks, cuts, or bruises.

### Storing

Whole pumpkins can be kept in a cool, dry place for several months. Cut pumpkins should be wrapped in plastic and stored in the fridge. Use within a few days. Cooked pumpkin can be frozen up to 10 months.

### Preparing

You can eat all parts of the pumpkin except the skin. Even the flowers and leaves are edible! To roast a pumpkin, wash it well and cut into pieces. Scoop out the seeds and stringy parts (save the seeds and roast separately). Place the flesh in a roasting pan and bake at 350 F for about 30 - 45 minutes. When cool, scrape the tender flesh away from the skin. Use the flesh in baking and in soups, casseroles, and stir-fries.

### Pumpkin Ideas

- Add pumpkin puree and a dash of pumpkin pie spice (mixture of cinnamon, ginger, nutmeg, allspice and cloves) to your favourite muffin or pancake recipe. Or replace the bananas in a banana bread recipe with the puree and the pumpkin pie spice.
- Use pumpkin puree in soups, stews, curries, and casseroles.
- For a savoury side dish, saute pumpkin with olive oil, garlic, finely chopped onions and fresh rosemary, and a pinch of salt and pepper. Stir in dried cranberries.
- Instead of sweet potatoes, mash cooked pumpkin with a bit of the cinnamon and maple syrup.
- Use roasted pumpkin seeds as a snack or add to yogurt, granola or trail mixes.



By Rob Galloway [Pumpkin halves](#) CC BY 2.0



[Pumpkin Seeds](#) CCO

# Upcoming Nutrition Classes (most classes are free)

## Brooks:

**Grocery Store Tours:** Learn how to make sense of food labels and make healthy choices.  
Oct 17, 6:00 – 7:30 p.m. Location provided upon registration. Register: 403-501-3315 or visit [ahsbrooksnutrition.eventbrite.com](http://ahsbrooksnutrition.eventbrite.com)

**Alberta Healthy Living Program Classes:** Weight Management Ongoing.  
Register: 403-793-6659

## Medicine Hat:

**Nutrition and Healthy Eating During Pregnancy:** Oct 15, or Dec 10, 6-8 p.m.  
Register: 403-502-8215. Find out about important vitamins and minerals, food safety, prenatal weight gain and more!

**Infant Nutrition:** Information on feeding babies 0-12 months.  
Oct 15 or Dec 3, 2:30 – 4:00 p.m. at Community Health Services,  
2948 Dunmore Rd SE. Your baby is welcome! Register: 403-502-1411 or at [ahsmedhatnutrition.eventbrite.com](http://ahsmedhatnutrition.eventbrite.com)

**Alberta Healthy Living Program Classes:** Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-529-8969.

## Lethbridge:

**Baby Steps Infant Nutrition** Ongoing. Register 403-388-6668.

**Alberta Healthy Living Program Classes:** Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-388-6654.

## Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

2948 Dunmore Rd. SE      403-502-8200  
Medicine Hat, AB  
T1A 8E3

440 3<sup>rd</sup> Street East      403-501-3300  
Brooks, AB  
T1R 1B3

801 1<sup>st</sup> Avenue South      403-388-6666  
Lethbridge, AB  
T1J 4L5

For more information on this or other nutrition topics, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)



Nutrition, Food, Linen & Environmental Services

