



Pumpkins



Antranas, pixabay.com



venible.com



homestyle.com.au

PUMPKIN BREAD, PUMPKIN RAVIOLI, PUMPKIN PIE, PUMPKIN RISOTTO, PUMPKIN BEER -- THE OPTIONS ARE ENDLESS, AND ENDLESSLY MOUTHWATERING.

It's finally pumpkin season, and the reasons to celebrate are many. Below, are some health benefits of pumpkin.

They keep eyesight sharp.

Pumpkins are LOADED with vitamin A, which aids vision according to the National Institutes of Health. They are also rich in carotenoids, including beta-carotene, which the body converts into a form of vitamin A for additional peeper protection.

They aid weight loss.

Pumpkin is an often-overlooked source of fiber, but with three grams per one-cup serving and only 49 calories, it can keep you feeling full for longer on fewer calories.

Their nuts can help keep your heart healthy.

Pumpkin seeds are naturally rich in certain plant-based chemicals called phytosterols that have been shown in studies to reduce LDL or "bad" cholesterol.

They can reduce your risk of cancer.

Like their orange comrades the sweet potato, the carrot and the butternut squash (to name a few), pumpkins boast the antioxidant beta-carotene, which may play a role in cancer prevention, according to the National Cancer Institute.

They can boost your immune system.

Pumpkins are a solid source of vitamin C. One cup of cooked pumpkin contains more than 11 milligrams, or nearly 20 percent of the 60 milligrams the IOM recommends women need daily. (Men should aim for around 75 milligrams.)

www.huffingtonpost.com