



Top 3 Reasons to Eat Pumpkin this Fall

- 1** **Beta-carotene** keeps your eyes healthy and your immune system healthy
- 2** **Vitamin C** can help keep your immune system in tip-top shape
- 3** **Potassium** helps with nerve conduction, muscle contraction, heartbeat, maintaining acid/alkaline balance, and can help lower blood pressure

Eat the Seeds Too!

Pumpkin seeds provide:

omega-3s

zinc

phosphorous

magnesium

calcium

iron

protein

ALSO: known to help colon, spleen, and liver function!



Add Pumpkin
Seeds to:

- Granola
- Trail Mix
- Salad
- Guacamole
- Pesto
- Muffins

