

“FOOD SMART”

Parents, this is a reminder about the "Food Smart" articles that will be appearing in the newsletter. They are written to the children. Please look for them, encourage your children to read them (or read them to your children) and continue/supervise the discussions at home. Thank you!

PUMPKINS!!

Pumpkins are winter squash. Their season runs from late summer to mid-winter. When picking one out, take one that feels heavy for its size. When you hollow out your pumpkin this Halloween, save the inside scrapings. You can throw them in a pot to boil with cinnamon, nutmeg, and clove. It's not bad, but the best tasting pumpkins are the smaller Cinderella, French or "sugar pie" variety pumpkins. Baked, roasted or mashed, these are Delicious!

*This vegetable is loaded with vitamin A; one cup mashed has 245% of the vitamin A your body needs in one day. WOW, that's about two and a half times the vitamin A you need each day! Remember? We talked about vitamin A in the last article. Also, pumpkin has 7 grams of fiber and 20 grams of carbohydrate (the body's favorite and the brain's **only** fuel). So these carbohydrates are "complex" carbohydrates because they are mixed with fiber. In the blood, carbohydrates are changed into sugar, and complex carbohydrates prevent extreme swings in blood sugar (like when you ride a pogo stick, high up then fast down, and on and on). So, blood sugar levels stay steady for more energy and improved health.*

This Halloween, pick a great, delicious pumpkin and enjoy!

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