



# Pumpkin Facts



## Health & Nutrition Benefits of Eating Pumpkin

- Pumpkin is very rich in carotenoids, which is known for keeping the immune system of an individual strong and healthy.
- Beta-carotene, found in pumpkin, is a powerful antioxidant as well as an anti-inflammatory agent. It helps prevent build up of cholesterol on the arterial walls, thus reducing chances of strokes.
- Being rich in alpha-carotene, pumpkin is believed to slow the process of aging and also prevent cataract formation.
- Pumpkins have been known to reduce the risk of macular degeneration, a serious eye problem than usually results in blindness.
- The high amount of fiber, present in a pumpkin, is good for the bowel health of an individual.
- Being loaded with potassium, pumpkin is associated with lowering the risk of hypertension.
- The presence of zinc in pumpkins boosts the immune system and also improves the bone density.

## Health & Nutrition Benefits of Pumpkin Seeds

- They promote overall prostate health, apart from alleviating the problem of difficult urination that is associated with an enlarged prostate.
- They comprise of L-tryptophan, a compound that has been found to be effective against depression.
- They are believed to serve as a natural protector against osteoporosis.
- They have been known to reduce inflammation, without causing the side effects of anti-inflammatory drugs.
- Studies have revealed that they help prevent calcium oxalate kidney stone formation.

<http://lifestyle.iloveindia.com/lounge/benefits-of-pumpkin-1659.html>

## Did you know?

Pumpkins are 90% water. While this may seem surprising, many fruits and vegetables are largely water.

It contains vitamins C, B1, B2, B6, E, niacin, such elements as magnesium, potassium, calcium, phosphorus, iron, silicon and copper. The great number of pectins, contained in the pumpkin, helps to remove the excess of harmful cholesterol from the body.

<http://www.buzzle.com/articles/pumpkin-nutrition-facts-and-tasty-recipes.html>