

Mayo Clinic Minute

Real pumpkins perks

	AUDIO
	<i>Sound of a pie pumpkin being sliced</i>
Title: Anya Guy Dietitian Mayo Clinic	“Most of us think of pumpkin as a flavoring for our coffee or pumpkin pie, where, in reality, pumpkin can offer a great amount of vitamins and nutrients.”
	Dietitian Anya Guy says, as side dishes go, pumpkin may be a better pick than sweet potatoes.
Anya Guy Graphics: 1 cup pumpkin 30 calories 1 gram fat	“One cup of cubed pumpkin provides 30 calories and less than 1 gram of fat; whereas, the same serving of sweet potato would offer triple the amount of calories.”
	Guy says pumpkin is a great source of fiber, iron and potassium. It’s also a versatile, healthy substitute for recipes.
Anya Guy	“It can be used instead of butter or oil in baking recipes. It could be cubed into soups or stews. You can even puree it into pancake mixtures. My personal favorite would be to use pureed pumpkin in my Greek yogurt for breakfast.”
	<i>Sound of a spoon mixing yogurt and pumpkin puree</i>
	Guys says, if you get your puree in a can, make sure it’s nothing but pumpkin.
Anya Guy	“Look for 100 percent pure pumpkin puree without any added sugar. It’s great.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.