

PUMPKIN NUTRIENTS

Pumpkin is a highly nutritious, low-calorie food rich in vitamins A and C, potassium, fiber, and carotenoids, offering significant benefits for vision, immunity, and overall health.

Health Benefits

1. Supports eye health – Vitamin A and carotenoids (beta-carotene, lutein, zeaxanthin) protect the cornea, improve night vision, and reduce risk of age-related eye disease.
2. Boosts immunity – Vitamin A, vitamin C, vitamin E, and iron help fight infections and support immune function

3. Aids digestion and satiety – Fiber and low-calorie content promote regularity and help control appetite.
4. Supports heart health – Potassium, fiber, and antioxidants may help lower blood pressure and cholesterol.
5. Anti-inflammatory and antioxidant effects – Beta-carotene and other antioxidants reduce oxidative stress, linked to chronic diseases.
6. Skin health – Antioxidants and vitamin A may protect skin from UV damage and support repair.
7. Possible prostate support – Pumpkin seed oil has been studied for benign prostatic hyperplasia (BPH) symptom relief, though evidence is limited.

Potential Side Effects

In normal food amounts, pumpkins are generally safe. Possible issues include:

- **Digestive discomfort** – stomach upset, diarrhea, or nausea in sensitive individuals.
- **Allergic reactions** – rare itching, rash, or other hypersensitivity.
- **Drug interaction** – may reduce lithium clearance, increasing lithium levels; consult a healthcare provider if on lithium.
- **Pregnancy/breastfeeding** – no evidence of harm in food amounts but avoid medicinal doses unless advised.

Safety Tips

- Eat pumpkin in moderation as part of a balanced diet.
- Choose fresh, ripe pumpkin; avoid spoiled or moldy produce.

If you have a history of allergies, test tolerance.

- Consult a healthcare provider before using pumpkin seed oil or supplements, especially if on medications like lithium.