# You Butternut Squash me!

## The Harvest of the Month featured produce is Butternut Squash!

Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and vegetables and be active every day.

## NUTRITION FACTS

**Nutrition Facts**

Serving Size 1 cup, cubes (205.0 g)

| Amount Per Serving | |
|---|---|
| **Calories** 82 | Calories from Fat 2 |
| | **% Daily Value*** |
| **Total Fat** 0.2g | **0%** |
| Saturated Fat 0.0g | **0%** |
| Polyunsaturated Fat 0.1g | |
| Monounsaturated Fat 0.0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 8mg | **0%** |
| **Total Carbohydrates** 21.5g | **7%** |
| **Sugars** 4.0g | |
| **Protein** 1.8g | |
| Vitamin A 457% • | Vitamin C 52% |
| Calcium 8% • | Iron 7% |

* Based on a 2000 calorie diet

## ★ HOW MUCH IS ENOUGH?

Consuming a cup of butternut squash can provide 180% of the daily requirement of vitamin A, which is important for eye health and immune functions.

## ★ WHY CHOOSE BUTTERNUT SQUASH?

Butternut squash composes of many vital polyphenolic antioxidants and vitamins. Like in other Cucurbitaceae members, butternut too has very low calories; 100 g provides just 45 calories. It contains no saturated fats or cholesterol; however, is a rich source of dietary fiber and phytonutrients. Squash is one of the common vegetables that often recommended by dieticians in the cholesterol controlling and weight reduction programs.

## ★ SHOPPER'S TIPS

-Buy fresh whole butternut squash instead of its cut sections. Look for a mature produce that features a fine woody note on tapping, and heavy in hand. Its stem should be stout and firmly attached to the fruit.
- Avoid those with wrinkled surface, spots, cuts, and bruises.
-Once at home, mature squash can be stored for many weeks in a cool, humid-free, well-ventilated place at room temperature. However, cut sections should be placed in the refrigerator wrapped in a plastic bag where they keep well for few days.

## ★ HEALTHY SERVING IDEAS

- Fresh raw butternut cubes may add a special crunchiness to vegetable salads.
- It can be used in a variety of delicious recipes as baked, stuffed, or stir-fried. Steam cook to get maximum nutrients.
-Roasted butternut squash seeds can be used as snacks.