



Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other local partners.

- 82 Calories, 7 gm fiber, 2 gm protein, no fat and no dietary cholesterol
- Antioxidants like vitamins C, A, E and the B vitamin, folate
- High in calcium, magnesium, phosphorous and potassium
- Vitamin A maintains healthy skin and eyes
- Magnesium is important for heart health
- Potassium lowers blood pressure, helps with metabolism and muscle contraction
- Squash can be roasted, baked, pureed or sautéed
- Roast the seeds for a crunchy, high-fiber snack

Health Benefits Winter Squash



Winter Squash

1/2 cup cooked



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