

The Power of Pumpkin – Not Just for Halloween

Submitted by: Water for Health Ltd

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For many people the mighty Pumpkin is just a popular fun item for Halloween or if you are in North America an essential part of Thanksgiving dinner. However Pumpkin has got significant nutritional benefits.

Pumpkin seeds have long been appreciated, particularly in Eastern Europe and in India for their healthy benefits and are particularly known for helping to maintain the health of the prostate gland. They are a good source of key nutrients such as zinc, magnesium, manganese and beneficial plant sterols. However, leading healthy oil manufacturers, Omega Nutrition has launched several organic pumpkin products to give consumers concentrated pumpkin nutrition.

Pumpkin Seed Oil (<http://www.water-for-health.co.uk/pumpkin-seed-products.html>) – Great for Salad Dressings

Pumpkin seed oil has been available for several years, Unrefined oil is very nutritious, is a good source of Omega 6 and 9 fatty acids and an excellent oil to use in salad dressings. It is a healthy, oil which is particularly appreciated for its beneficial effects on the skin and hair.

Pumpkin Seed Protein Powder (<http://www.water-for-health.co.uk/pumpkin-seed-products.html>) – Great Tasting Organic Vegetarian Protein

Omega Nutrition has not long launched their Pumpkin Seed Protein Powder in the UK. This wholefood is milled from defatted pumpkin seeds, providing an easily digested whole food with a high protein content. One 15g serving gives you nearly 10g of protein with the whole spectrum of amino acids. It is an excellent addition to the diet of anyone looking for increased organic vegetable protein or protein alternatives to whey and soy.. It can be added to green smoothies, yogourts, cereals, juices, sprinkled on salads or even used in baking. It is very versatile and as distinct from many protein products is pleasant tasting. Pumpkin Seed Protein Powder is not just a protein source for body builders but a real superfood for everyone. This product is already very popular in North America and initial interest in the UK is growing fast.

Pumpkin Seed Butter (<http://www.water-for-health.co.uk/pumpkin-seed-products.html>) – Nutritious Alternative to Nut Butters

Another Pumpkin Product is Pumpkin Seed Butter. This gives you the benefits of the oils and proteins in a great savoury spread. It is very nutritious and a wonderful alternative to peanut and other nut butters and is consequently of value to those who suffer from nut allergies.

So the mighty pumpkin has got a lot more going for it than being the focus of attention at the local village vegetable and flower show or for making fancy lanterns for Halloween. It has great nutrient power.

Omega Nutrition products are distributed in the UK by Water for Health Ltd.

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