

## **BROADCAST- Fall begins Saturday but pumpkin palooza has been well underway**

### ***Beyond pumpkin spiced lattes, there are healthy ways to incorporate pumpkin in your diet***

**INTRO:** Fall begins Saturday (tomorrow) but it seems pumpkin palooza began around the same time as.. the summertime festival Lollapalooza – yep, as far early as July, grocery stores were stocking pumpkin-flavored products.

**VO/Wrap**

**:50**

**OC:“.. I’M COLLEEN REYNOLDS”**

---

Perhaps it was the record-hot summer that had consumers longing for sweater weather and pumpkin spiced lattes ... which rolled out at some retailers in early August! Pumpkin is a great source of fiber, Vitamin A, B7, E, and beta carotene, plus it’s low in fat, salt, sugar, and calories. But, OSF HealthCare dietician Kaela Ketchum says be careful because pumpkin flavor is often added to sugary products.

***"You do want to be cautious about what pumpkin spice products you are buying because one, they may not contain any pumpkin at all and two they might just contain a lot of sugar."***

**TAG:** Ketcham suggests talking to your grocer’s produce manager about stocking **edible** pumpkins or look for canned, no sugar-added pumpkin puree and find ways you can incorporate the orange gourd into your diet all year long.

---

### **Alternate Version (Not voiced)**

**INTRO:** It appears the record-hot summer caused an early arrival of what is typically a fall, seasonal food item – pumpkin and its either beloved or hated pumpkin spice! As we learn in this report from OSF HealthCare, there’s a reason you want to embrace the nutritional aspects of pumpkin.

**VO/Wrap**

Pumpkin-flavored products arrived earlier than usual -- in July -- on some grocery store shelves and bakeries. Pumpkin-spiced lattes were flying out to door in early August at some retailers. OSF HealthCare dietician Kaela Ketchum says pumpkin is low in calories and high in vitamins, plus it’s a good source of fiber. Instead of going for the surgery lattes, Ketchum suggests making own smoothie.

***"If you’re making a smoothie, you can always add always add a little bit, two tablespoon or so of pureed pumpkin. Even if you’re making pumpkin spice lattes at home, you can even add a couple of tablespoons of real pumpkin to get that depth of the pumpkin flavor to have it a little bit healthier, not as much sugar and actually get more pumpkin than what they use in a store."***

Illinois produces 40% of the nation’s pumpkin supply and the Illinois Farm Bureau says the rains came at a crucial growing time so supplies should be ok this season.