

Transcript of video and audio Clips with OSF HealthCare Registered Dietitian Kaela Ketcham

Ketcham 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.” (:10)

Real pumpkin has lots of vitamins.

“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.” (:19)

Ketcham says it’s easy to use pumpkin year-round.

“You can also incorporate it in your oatmeal. You can put it in soups and stews and chilies. I saw a recipe for pasta shells. You stuff pasta shells with pumpkin and cheeses. You really get the benefit of pumpkin all year round without having to put it in a baked good and then putting all that sugar on top of it.” (:22)