PRODUCT DESCRIPTION
- Canned pumpkin is U.S. Grade A.
- Canned pumpkin is a low-sodium food.

PACK/YIELD
- Canned pumpkin is packed in 15 ounce cans, which is about 4 servings (½ cup each).

STORAGE
- Store unopened pumpkin in a cool, clean, dry place.
- Store remaining opened pumpkin in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.

PREPARATION/COOKING
- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS
- Serve canned pumpkin heated, or use in a variety of soups, puddings, baked goods including pies, cookies, breads, and muffins.

NUTRITION INFORMATION
- ½ cup of canned pumpkin counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of canned pumpkin provides 16% of the daily recommended amount of fiber and more than a day’s worth of vitamin A.

FOOD SAFETY INFORMATION
- If the can is leaking or the ends are bulging, throw it away.
- If the canned food has a bad odor or liquid spurts out when the can is opened, throw it away.

OTHER RESOURCES
- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS
Serving size: ½ cup (123g) pumpkin, low-sodium, canned

<table>
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<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>40</th>
<th>Calories from Fat</th>
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<tr>
<td>% Daily Value*</td>
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</tr>
<tr>
<td>Total Fat</td>
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<td></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
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<td></td>
<td>0%</td>
<td></td>
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<tr>
<td>Trans Fat</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
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<td>Dietary Fiber</td>
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</tr>
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<tr>
<td>Calcium</td>
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<td></td>
</tr>
<tr>
<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet.
PUMPKIN SMOOTHIE

MAKES 6 SERVINGS

Ingredients
- 1 can (about 15 ounces) low-sodium pumpkin, chilled
- 1 can (12 ounces) evaporated low-fat milk, chilled
- 1 ½ cups orange juice
- 1 small banana, sliced
- ¼ cup light brown sugar, packed (or ⅓ cup regular sugar)
- 2 dozen ice cubes (if you like)
- 2 teaspoons ground cinnamon (if you like)

Directions
1. Place pumpkin, evaporated milk, orange juice, banana, and sugar in blender.
2. Cover and blend until smooth.
3. If using ice, pour mixture over ice. If using cinnamon, add that too.

Nutrition Information for 1 serving of Pumpkin Smoothie

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<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugar</th>
<th>Protein</th>
<th>Vitamin A</th>
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<tr>
<td></td>
<td>160</td>
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<td>70 mg</td>
<td>34 g</td>
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<td>560 RAE</td>
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PUMPKIN PEANUT BUTTER SANDWICH

MAKES 2 SANDWICHES

Ingredients
- ½ cup low-sodium canned pumpkin
- ½ cup creamy or crunchy peanut butter
- 4 slices whole wheat or white bread
- 1 medium banana, sliced

Directions
1. Combine pumpkin and peanut butter in small bowl and mix together with fork or spoon until well blended.
2. Spread 1 tablespoon pumpkin peanut butter spread on each slice of bread.
3. Top 2 slices of bread with banana slices.
4. Top with the second slice of bread to make sandwiches.

Note: Leftover pumpkin peanut butter spread can be stored in a tightly covered container not made from metal and refrigerated for up to 5 days.

Nutrition Information for 1 serving of Pumpkin Peanut Butter Sandwich

<table>
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<tr>
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<th>Total Carbohydrate</th>
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<td>590</td>
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<td>560 mg</td>
<td>54 g</td>
<td>11 g</td>
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Recipe provided by Verybestbaking.com.