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## 10/27: Food blog: The delicious side of jack-o-lanterns



### Food

By Jennifer Brown/Online Reporter

October is a popular month for carving jack-o-lanterns into creative designs. Kids go treat-or-treating and every college apartment is having a party. However, how many people give a second thought to the pumpkin seeds that are scooped out of pumpkins?

[Pumpkin seeds](#) are actually full of flavor and nutrition, coated with yellow-white husk shell. This is a high-calcium food, which also includes protein and vitamin A. However, it is high in fat, so it should be ate in moderation.

There's also many benefits to this delicious snack. While it's been found to be beneficial to teeth and gums, it may also help stimulate your appetite. It may improve nails, hair, and nerves. Pumpkin seeds may also help fight off obesity and diabetes.

If you want recipes to cook these seeds, check out this [food network](#) link.

This entry was posted on Monday, October 26th, 2009 at 8:54 pm and is filed under [Food](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

## 2 Responses to "10/27: Food blog: The delicious side of jack-o-lanterns"

**seo directory Says:**  
[November 28th, 2009 at 9:44 pm](#)

ohhh nice info

**health quote Says:**  
[March 4th, 2010 at 4:27 pm](#)

Asking "Is it okay to be fat?" makes as much sense as asking if it's ok to be short, or tall, or thin, or blond, or brunette, or blue-eyed, or brown-eyed, or Asian, or Native American, or Black, or blind, or paralyzed, or different in any way from what is considered the "norm". After all, we have just about as much control over fatness as we have over all the other ways we are different from one another. Of course it's ok to be fat, just like it's ok to be thin, or anything in-between fat and thin. The best way to make it mainstream acceptable to be fat is for more and more fat people to learn how to accept themselves as fat, learn to love themselves, and demand the respect and dignity we all deserve as human beings.

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