

# PUMPKIN SEEDS 101

TINY SEEDS WITH BIG ADVNTAGE



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## **PUMPKIN SEEDS: THE TINY SEED WITH BIG ADVANTAGES**

Pumpkin seeds, also known as pepitas, may be small, but they are packed with powerful nutrients and health benefits. These little green gems are rich in protein, healthy fats, fiber, vitamins, and minerals, making them a nutritional powerhouse.

### **HEALTH BENEFITS OF PUMPKIN SEEDS**

- 1. Rich in Nutrients** – Pumpkin seeds contain magnesium, zinc, iron, and antioxidants, which support overall health.
- 2. Heart Health** – The high magnesium content helps regulate blood pressure and supports cardiovascular health.
- 3. Improved Sleep** – Pumpkin seeds are a natural source of tryptophan, an amino acid that promotes better sleep.
- 4. Boosts Immunity** – The zinc in pumpkin seeds strengthens the immune system and supports healing.
- 5. Supports Prostate and Bladder Health** – Studies suggest that pumpkin seed extract may benefit prostate health and reduce symptoms of an overactive bladder.
- 6. Great for Digestion** – High in fiber, they promote gut health and regular digestion.

## NUTRIENTS IN PUMPKIN SEEDS

Pumpkin seeds are packed with essential nutrients that contribute to overall health.

Below is a breakdown of the key nutrients found in these tiny but mighty seeds:

### 1. MACRONUTRIENTS

**Protein** – Provides about 7g per ounce (28g), supporting muscle growth and repair.

**Healthy Fats** – Rich in heart-healthy monounsaturated and polyunsaturated fats, including omega-3 and omega-6 fatty acids.

**Fiber** – Contains about 1.7g per ounce, promoting good digestion and gut health.

**Carbohydrates** – Low in carbs but high in fiber, making them a great snack for balanced energy.

### ESSENTIAL MINERALS

- **Magnesium** – Important for heart health, muscle function, and bone strength.
- **Zinc** – Supports immune function, skin health, and wound healing.
- **Iron** – Essential for oxygen transport in the blood and energy production.
- **Phosphorus** – Supports strong bones, teeth, and energy metabolism.
- **Copper** – Helps with iron absorption, nerve function, and collagen production.
- **Manganese** – Plays a role in bone development and antioxidant function.

## **VITAMINS**

Vitamin E – A powerful antioxidant that supports skin health and immune function.

B Vitamins (B1, B2, B3, B5, B6, B9) – Essential for energy production, brain function, and red blood cell formation.

### **4. Antioxidants**

Rich in antioxidants like carotenoids and vitamin E, which help fight oxidative stress and inflammation.

## **CONCLUSION**

Pumpkin seeds are a simple yet powerful superfood that can boost your nutrition effortlessly.



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**Health is a choice**  
**Learn how to choose it!**