

## Pumpkin Pudding

6 servings

- 1 (5.1 oz.) box instant vanilla pudding mix, regular or sugar free
- 2 c. low-fat milk
- 1 (15 oz.) can pumpkin
- 4 oz. whipped cream
- 1 tsp. ground cinnamon

1. In a medium sized bowl, mix pudding and milk with an electric mixer for 1 to 2 minutes.
2. Add pumpkin to pudding mixture. Stir in whipped topping with whisk or spoon.
3. Add cinnamon and mix well.
4. Chill until served.

### **Nutrition Information per Serving:**

Calories 190, Total Fat 3.5 g (6% DV), Saturated Fat 3 g (14% DV), Cholesterol 5 mg (1% DV), Sodium 410 mg (17% DV), Total Carbohydrate 38 g (13% DV), Dietary Fiber 2 g (9% DV), Sugars 34 g, Protein 4 g, Vitamin A 220%, Vitamin C 4%, Calcium 15%, Iron 6%.



**Only 1 in 10 adults in the United States are eating the recommended amount of fruits and vegetables each day.**

(Source: CDC)

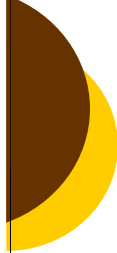
In an effort to improve this number, the Community Nutrition Partnership Council (CNPC) is promoting the *Pick a Better Snack* campaign to increase fruit and vegetable consumption in Nebraska. This campaign was originally developed by Iowa, but was adapted by CNPC to meet our needs in Nebraska. CNPC is comprised of nutrition professionals throughout the state of Nebraska that are interested in improving the health of Nebraskans with limited resources. With your help we hope to reach more people with our message and increase the amount of fruits and vegetables Nebraskans consume.



Source: <http://www.fruitsandveggiesmatter.gov>


Funded by USDA Food and Nutrition Service and Nebraska Health and Human Services System 2007.

This institution is an equal opportunity provider and employer.



## THE YELLOW/ORANGE GROUP

Eating a wide variety of fruits and vegetables from the **YELLOW/ORANGE** group may help to keep your immune system, eyes, and heart healthy. They may also lower the risk of some cancers!



## YELLOW/ORANGE

### Fruits

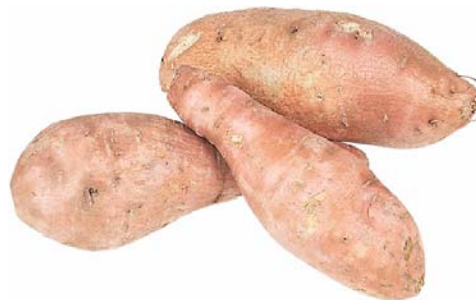


- Apricots
- Cantaloupe
- Grapefruit
- Lemons
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Persimmons
- Pineapples
- Tangerines
- Yellow Apples
- Yellow Pears

## YELLOW/ORANGE

### Vegetables

- Butternut Squash
- Carrots
- Pumpkin
- Rutabagas
- Sweet Corn
- Sweet Potatoes
- Yellow Beets
- Yellow Peppers
- Yellow Summer Squash
- Yellow Tomatoes
- Yellow Winter Squash



## YELLOW/ORANGE

### Beans & Peas

- Yellow Lentils
- Yellow Spilt Peas



Remember to  
make your plate  
colorful and choose  
a variety of foods!