

HEALTHY EATING TIPS >

The health benefits of pumpkin seeds

Pumpkin seeds are exceptionally high in magnesium, one of the seven essential macro minerals. Two tablespoons of pumpkin seeds contain 74 milligrams of magnesium, about 25 percent of the daily recommended dietary allowance.

Magnesium plays an important role in over 300 enzymatic reactions within the body, including the metabolism of food and synthesis of fatty acids and proteins. It is vital for the proper functioning of muscles. Magnesium deficiency is linked to insulin resistance, metabolic syndrome, coronary heart disease, and osteoporosis.

Heart and liver health

Pumpkin seeds are rich in omega-3 and omega-6 fatty acids, antioxidants,

and fiber. This combination has benefits for both the heart and liver.

The fiber in pumpkin seeds helps lower the total amount of cholesterol in the blood and decrease the risk of heart disease. Research suggests that omega-3s can decrease the risk of thrombosis and arrhythmias, which lead to heart attack, stroke, and sudden cardiac death.

Insomnia prevention

Pumpkin seeds are a rich source of tryptophan, an amino acid. Tryptophan has been used to treat chronic insomnia because the body converts it into serotonin, the "feel-good" or "relaxing" hormone, and melatonin, the "sleep hormone."

Having a few pumpkin seeds before



bed, with a small amount of carbohydrates such as, a piece of fruit, may be beneficial in providing your body with the tryptophan needed for melatonin production.

Pregnancy

It is estimated that over 80 percent of women worldwide have inadequate zinc intake. Low levels of zinc alter circulating levels of multiple hormones

associated with the onset of labor. In addition to this, zinc is essential for normal immune function and prevention of uterine infections. All of these could potentially contribute to preterm birth.

Great for athletes

The zinc in pumpkin seeds helps prevent muscle cramps and fatty acids (polyunsaturated) This reduces exercise-induced inflammation. The magnesium helps reduce the chance of a magnesium deficiency which is quite common in athletes.

Pumpkin seeds also have an energy-boosting effect that could improve your performance.

Sourced from the Inte.

RESTAURANT REVIEW >