

Try it  
Today!



## Winter Squash

This vegetable is a member of the gourd family and comes in a variety of colors and sizes. It contains a high amount of fiber, and is a great source of vitamin A, B, C and Potassium. It also contains high amounts of beta-carotene, which plays a role in reducing lung inflammation.

Squash is know to fight against cancer (particularly lung cancer), heart disease, and cataracts. Contains NO fat or cholesterol. ½ cup contains approximately 50 calories and as an added bonus, you can eat the seeds as a snack!