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Be a Pumpkin eater

Adding some pumpkin to your recipes may bring you some extra protection from cancer.

Pumpkin is an excellent source of beta carotene, the precursor to vitamin A. Studies show that a diet high in beta carotene-rich fruits and vegetables, such as pumpkin, may help to reduce the risk of certain cancers, such as breast cancer.

So why not add some canned or cooked pumpkin to your favourite dishes?!

Until next time have a blessed week!

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