



Fact File

12th – 16th January 2009

Lettuce	Carrots	Apples
Nutritional Information:		
High Levels of Vitamin A Calcium Beta Carotene	Beta Carotene Vitamin A+C Potassium	Excellent source of Vitamin C Fibre
Health Benefits:		
Spinach, watercress and Lamb's lettuce are loaded with beta-carotene, a pigment our bodies can convert to vitamin A. Endive, romaine and spinach also provide plenty of folate, a vitamin considered an important nutrient for cardiovascular health. Darkly hued leaf lettuce, spinach and lamb's lettuce are all rich in iron.	Vitamin A is important for good eye health and helps the body fight infection. So although carrots don't really help us to see in the dark they do keep our eyes functioning well.	Apples are a source of both soluble and insoluble fibre. Soluble fibre such as pectin helps to prevent cholesterol build up in the lining of blood vessel walls, thus reducing heart disease. The insoluble fibre in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.
Ways to incorporate the food into a healthy diet:		
Add vitamin C-rich tomatoes, lightly steamed broccoli, grated carrot, raisins and toasted pine nuts to make a salad more appealing to children. Allowing children to help prepare salad will make them more interested, also add grated cheese, olive oil or pesto. Try mixing in some cold pasta too!	Carrot sticks are a colorful addition to any meal. Raw, shredded or sliced carrots can be added to a salad. To make raw carrots easier to chew, briefly steam or microwave them until crisp-tender. Offer raw carrots with a hoummos, cheese or avocado dip. Try adding orange juice to the water when boiling carrots to give them a tasty zing! Roast carrots with honey on.	Apples are such a handy snack to always have in your bag. Slice some and pop in a sandwich bag, as a handy buggy snack! Stew apples with a teaspoon of brown sugar, a pinch of cinnamon and 2tbsp of water, blend and serve with yoghurt or ice cream.