



Fact File

26th – 29th May, 2009

Cucumber	Cress	Apples
Nutritional Information:		
Potassium Beta Carotene (converted into Vitamin A in the body)	Good source of Vitamin A, C, E A powerful antioxidant Good source of Iodine	Excellent source of Vitamin C Fibre
Health Benefits:		
Cucumber contains a large amount of water and therefore is a fantastic diuretic. (aids urination) The nutrients in cucumber help to regulate blood pressure and also aides digestion. The potassium in cucumber benefits the nervous system and cellular growth.	The powerful antioxidants protect against cardio-vascular disease and cancer. Iodine is essential for the proper functioning of the thyroid gland. Cress also contains a benzyl mustard oil which has been proven as a powerful antibiotic, greatly beneficial to the health of our gut. Cress increases your body's natural resistance to infection.	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:		
Juice with carrot and apple for a cool and refreshing drink. Offer cucumber in slices and sticks with various dips. Add to a sweet and sour stir fry. However, cooking quickly dilutes the nutritional value of cucumber. If offering for the first time to a child, remove the skin before slicing to make more palatable.	Add into scrambled eggs in the final minute of cooking, or sprinkle inside an omlette before folding. Also a great accompaniment to egg sandwiches. Stir cress into a pasta sauce. Sprinkle onto homemade pizza after cooking.	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.