



## Fact File

11<sup>th</sup> – 15<sup>th</sup> May, 2009

Tomatoes	Avocado	Grapes
<b>Nutritional Information:</b>		
Vitamin C Vitamin E Potassium A good source of carotenoids	An excellent source EFA's (essential fatty acids) A good source of Potassium Vitamin A, C & E Iron	Vitamin C Excellent source of natural sugar Antioxidant Flavonoids
<b>Health Benefits:</b>		
Tomatoes are extremely rich in anti oxidants such as carotenoids and lycopenes making them good protectors of the cardio vascular system and effective against some forms of cancer.	EFA's are vital building blocks of the bodies cells, especially the brain. Avocados are rich in monounsaturated fat, which protects the heart. It is a myth that avocados are fattening, they contain the same number of calories as 2 apples.	Grapes contain an enormous amount of protective compounds called polyphenols (concentrated in the skin of the grape – especially the black variety) which protect the heart and help prevent cancer. Uniquely nourishing and useful for anemia and fatigue.
<b>Ways to incorporate the food into a healthy diet:</b>		
Use sieved tomatoes (passatta; available in all supermarkets) as an alternative to ketchup. Add sun blush tomatoes as a great extra topping for a healthy homemade pizza. Try stuffing large beef tomatoes with a favourite rice or pasta dish as a novelty edible bowl.	To ripen avocados quickly, store in a brown paper bag. Puree avocado with tomatoes for a healthy guacamole dip. Spread thinly and use as an alternative to butter in sandwiches.	Most children enjoy grapes however if you find that your child is not too keen, try offering grape juice, which is still rich in the cleansing and regenerative polyphenol compounds and a great sweet treat. Incorporate sliced grapes into a summer fruit salad.