



Fact File

10th – 14th November, 2008

Banana	Peppers	Peas
Nutritional Information:		
<p>Good source of potassium Vitamin B6 Folic Acid</p>	<p>Rich source of Vitamin C (Antioxidant) Vitamin A Potassium Beta Carotene (Turned into Vitamin A in the body)</p>	<p>Zinc Iron Vitamin B1, B3, B6 and B12</p>
Health Benefits:		
<p>The easily digestible ripe banana contains soluble fibre which is good for treatment of both constipation and diarrhoea. The high potassium content helps prevent cramp. Vitamin B6 is something often missing from children's diet and known to help in prevention of depression, skin problems, asthma.</p>	<p>The variety of rich glowing colours, in which the many varieties of peppers come, means they are rich in protective antioxidants. These help us form the best defence against attack from internal and environmental bacteria (free radicals).</p>	<p>The B vitamins present in peas are necessary to help convert food into energy. They also aid the brain and nervous system and are great for healthy skin and cell production. Peas also help the liver function and tone the stomach.</p>
Ways to incorporate the food into a healthy diet:		
<p>Bananas are the perfect 'fast-food', even coming in their own packaging. Children should only eat them ripe when the starch has turned to 'natural' sugar otherwise they are not easily digestible. Banana bread/cake is a great healthy snack.</p>	<p>The natural sweetness in peppers can help to enhance a routine pasta sauce when sautéed then blended together. Offer colourful strips of sliced pepper with hommous or a soft cheese dip.</p>	<p>Understandably peas can be a difficult food to entice children to eat. Try offering frozen peas straight out of the freezer as a fun, crunchy snack! They are surprisingly sweet. Puree/blend peas into pasta sauce or soups.</p>