



Fact File

18th – 22nd May, 2009

Beetroot	Cauliflower	Passionfruit
Nutritional Information:		
Vitamin A, B & C Calcium, Folic Acid Potassium, Magnesium, Iron Anti-carcinogenic substances	Vitamin C (In leaves) Beta carotene Riboflavin Folic Acid	Excellent source of Vitamin C A good source of Vitamin A Potassium Iron Excellent source of fibre, when seeds eaten
Health Benefits:		
Beetroot is great to help the bodies natural defence and strengthen the immune system. Raw beetroot is a powerful blood cleanser. Also excellent for digestive problems and particularly helpful in cleansing the liver.	From the brassica's family, which become indigestible if overcooked and lose much of their healing power. The leaves should be added when cooking for extra nutrients. Studies have shown that those who eat large quantities of brassica's, (cabbage, cauliflower, broccoli) lung, colon and breast cancer are far less common.	Passionfruit has somniferous properties, taken before going to bed they help relax and aide sleep. A large preliminary study has shown that young children with asthma experience significantly less wheezing if they eat a diet high in fruits rich in vitamin C.
Ways to incorporate the food into a healthy diet:		
Grate beetroot with carrot and courgette and mix into salads. Juice with apple and oranges. Add pureed beetroot to hommous for a yummy pink dip! Avoid offering pickled beetroot to children as it contains far too much hyperacid vinegar.	Raw cauliflower is particularly tasty when dipped in hommous. For a healthier cauliflower cheese, lightly steam the cauliflower then sprinkle with grated cheese and simply grill until crispy. Try baby cauliflower as these are normally sweeter than the larger version.	Spoon passionfruit over low-fat yoghurt to make a colorful treat. Add passionfruit to mixed green salads or fruit salads for a new taste. Top chicken, fish, or pork with a spoonful of passionfruit for a change.