



Fact File

15th – 19th June, 2009

Broad Beans	Mushrooms	Mango
Nutritional Information:		
Protein Fibre B Complex Vitamins Folate Zinc Thiamin	High in fibre Essential minerals and B-complex vitamins (which are not easily obtainable from other produce). High in Riboflavin Fat, cholesterol and sodium free.	Vitamin A, C & E Fibre B-complex vitamins Variety of minerals
Health Benefits:		
The fibre takes care of the heart, circulation and reduces risk of constipation. The high level of complex carbohydrates in beans is the best form of energy for active children. Broad beans contain almost as much protein (weight for weight) as a good piece of steak.	Mushrooms have been revered in eastern cultures for many years due to their healing properties. Studies have shown that this fungi helps the body fight cancer (protein called lectin) and help build the immune system. The most nutritionally complete and readily available mushroom is the 'Shitake'.	Mangoes are good for the immune system and help protect against cancer. They are also a great anti-stress food. Mangoes are packed with vitamin A (in the form of Beta Carotene.) Beta Carotene is an important anti-oxidant and vitamin A is needed for healthy vision. Beta-Carotene also has a protective affect against the harmful rays of the sun.
Ways to incorporate the food into a healthy diet:		
As a great way to involve children in food preparation – Make your own tacos or tortilla wraps; Use a light, non-spicy tomato salsa, mashed beans (or refried beans as alternative), avocado and top with cheese. Great way to incorporate beans into your child's diet.	Be wary that mushrooms absorb oil like a sponge so use sparingly if you are frying mushrooms. Add raw to salads or with healthy dip as flavour is a little more subtle, + nutritionally better 4 you. Great added to stews and soups as a fat free way of adding flavour.	Keep cut up mango chunks in the refrigerator to add to any fruit salad or yogurt. Use mangoes to top bagels with fat free cream cheese. Include mango in your favorite fruit shake or smoothie for a tropical taste. Puree with fresh Pineapple and juice then freeze in ice lolly moulds for a great summer treat.