



Fact File

22nd – 26th September, 2008

Broad Beans	Plums	Potatoes
Nutritional Information:		
Protein Fibre B Complex Vitamins Folate Zinc Thiamin	Potassium Fibre Vitamin C Vitamin A Calcium	Vitamin C Fibre Potassium Folic Acid Iron Protein Vitamin B
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.	The potassium in plums helps maintain normal blood pressure. A special element contained within the skin of plums stimulates bowel movement. The nutrients in plums also help combat fluid retention and are good for circulation.	Not fattening but filling, potatoes are full of energy from the complex carbohydrate contained within. Children need this as they are active but also for growth. The rich Vitamin C content keeps germs and colds at bay in winter. The Vitamin B content aids the functioning of the immune and nervous systems.
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.	Sliced plums add a unique flavour to grilled or broiled fish. Plums are most popular dried as prunes. Substitute prune puree in baking as a fat substitute (for butter) to make a low fat, sticky fruit cake.	For a healthier mashed potato use olive oil instead of butter. Don't deprive your children of potatoes but save chips as an occasional treat. Thin 'burger bar' fries absorb much more fat, at home try slicing potatoes thickly or as wedges, brush with olive oil and bake, as a healthy alternative.