



Fact File

9th – 13th March, 2009

(Butternut) Squash	Broccoli	Lemons
Nutritional Information:		
Vitamin C & E Carbohydrate Fibre Beta carotene Folic Acid & Potassium	Vitamin A Vitamin C Calcium Fibre Iron	A rich source of Vitamin C Potassium Bio-flavinoids Folic Acid
Health Benefits:		
A great source of energy for active and growing children. Prevents constipation (soothing and protective for the digestive tract) Immune system booster. Protection against heart disease and cancer. (Anti carcinogenic)	Boiled broccoli has more vitamin C than an orange and as much calcium as a glass of milk. One medium spear has three times more fibre than a slice of wheat bran bread. Broccoli is also one of the richest sources of vitamin A. Broccoli is rich in isothiocyanates (potent cancer fighting substances) which can block the growth of melanoma skin cancer.	Lemons are a whole medicine chest in themselves. They are a wonderful anti bacterial and friendly for the digestive system. The pith (white outer just under skin) is a potent cancer fighter. A thick slice of lemon in hot water is perfect for tummy upset. Also good for sore throats or mouth ulcers.
Ways to incorporate the food into a healthy diet:		
Add chunks of squash to a stew. Boil with leeks peppers and onion for a cheerful winter soup. Boil and mash squash with sweet or regular potatoes.	Serve raw broccoli with hummous or yoghurt dips. Steam and puree into a creamy leek and potato soup. Chop finely and add to scrambled eggs or omlette. Add broccoli sprouts to sandwiches, salads or as a fun stringy snack!	A squeeze of fresh lemon is a great way of adding a tasty zing to any fish dish. Offer your children slices of lemon to squeeze into water to make their own fresh cordial. Is great grated into muffins or squeezed on pancakes.