



Fact File

1st – 5th December, 2008

Mushrooms	Brussel Sprouts	Satsumas
Nutritional Information:		
<p>High in fibre Essential minerals and B-complex vitamins (not easily obtainable from other produce). High in Riboflavin Fat free, cholesterol & sodium free.</p>	<p>Beta Carotene Vitamin C, E, B3 and B6 Folic Acid Potassium + Magnesium Iron</p>	<p>Vitamin C & B Iron Calcium Potassium Folic Acid Bio flavinoids (Pith and segment walls)</p>
Health Benefits:		
<p>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'.</p>	<p>For Healthy Skin and Immune Function Think Brussels Sprouts! They also contain cancer-fighting Phytochemicals. Fibre-rich Brussels Sprouts support a healthier colon, provide protection against Rheumatoid Arthritis and are a birth defect fighter.</p>	<p>Vitamin C helps the body combat infection and preserves general health. It also helps the body to absorb iron from other foods. Bio flavinoids help to strengthen the walls of the tiny blood capillaries in the human bodies.</p>
Ways to incorporate the food into a healthy diet:		
<p>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.</p>	<p>A nice addition to cold salads. Braise in liquid infused with your favorite herbs and spices. Combine quartered cooked Brussels Sprouts with sliced red onions and a mild tasting cheese such as a goat cheese or feta. Toss with olive oil and balsamic vinegar for an exceptionally healthy, delicious side dish.</p>	<p>Satsumas can be quite acidic, try offering tinned mandarin slices with custard or yoghurt on top. Freshly squeezed juice from the supermarket is great if you are unable to juice at home. Beware of pasteurised and added sugar in some juices. Mix apple juice with orange/satsuma for less acidity.</p>