



Fact File

2nd – 6th February, 2009

Parsnips	Cabbage	Oranges
Nutritional Information:		
Vitamin C Carbohydrate Fibre Beta carotene Potassium Good source of folate	Folic Acid Sulphur Vitamin C Beta carotene Fibre	Vitamin C & B. Iron Calcium Potassium Folic Acid Bio flavinoids (Pith and segment walls)
Health Benefits:		
The potassium in parsnips can help reduce blood pressure. They also have diuretic, detoxifying and cleansing attributes. The starchy carbohydrate in parsnips is great for replenishing energy in active children.	Good for healthy skin and joints. A powerful anti-bacterial. A great stress buster. Valuable for chest infections. Anti carcinogenic.	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.
Ways to incorporate the food into a healthy diet:		
Slice thinly and roast parsnips with other root vegetables with a drizzle of olive oil and your favorite herbs. (for healthy chips) Simmer chunks of parsnips, then puree and add your favorite broth for a simple soup. Add parsnip chunks to all your stews for interesting taste and texture. Boil with potatoes and mash.	Cabbage will lose most of its healing power through cooking. Therefore, a great idea is to add to stir-fry's. It is best eaten raw – add to homemade coleslaw. Juice it with carrot and apple.	Oranges can be quite acidic, try offering tinned mandarin slices with custard or yoghurt on top. Freshly squeezed orange 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 for less acidity