



Fact File

1st – 5th June, 2009

Peas	Cabbage	Strawberries
Nutritional Information:		
Zinc Iron Vitamin B1, B3, B6 and B12	Folic Acid Sulphur Vitamin C Beta carotene Fibre	Excellent source of Vitamin C Pectin (soluble fibre) Iron
Health Benefits:		
The B vitamins present in peas are necessary to help convert food into energy. They also aid the brain and nervous system and are great for healthy skin and cell production. Peas also help the liver function and tone the stomach.	Good for healthy skin and joints. A powerful anti-bacterial. A great stress buster. Valuable for chest infections. Anti carcinogenic.	The iron content in Strawberries ensures the Vitamin C is well absorbed into the body. Strawberries are useful for both the prevention and treatment of anaemia and fatigue. 100grams of strawberries provides almost twice the body's Vitamin C needs for a day.
Ways to incorporate the food into a healthy diet:		
Understandably peas can be a difficult food to entice children to eat. Try offering frozen peas straight out of the freezer as a fun, crunchy snack! They are surprisingly sweet. Puree/blend peas into pasta sauce or soups.	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 cabbage with carrot and apple.	Strawberries are a great source of medicine that doesn't need a spoonful of sugar to help it down! However, to encourage children try adding to jelly and also adding to smoothies to sweeten. As a healthy summer treat, liquidise strawberries with apple juice and freeze in iced lolly trays.