



## Fact File

5<sup>th</sup> – 8<sup>th</sup> April, 2009

Carrots	Spinach	Plums
<b>Nutritional Information:</b>		
Beta Carotene Vitamin A+C Potassium	Rich source of carotenoids Good source of potassium Vitamin E Folic Acid	Potassium Fibre Vitamin C Vitamin A Calcium
<b>Health Benefits:</b>		
Vitamin A is important for good eye health and helps the body fight infection. So although carrots don't really help us to see in the dark they do keep our eyes functioning well.	Spinach is a rich source of plant 'blood' chlorophyll, which is so valuable in preventing and treating anaemia. The high levels of 2 carotenoids importantly protect against a major cause of poor sight in later years, people who regularly eat dark green vegetables are less than half as likely to develop this.	The potassium in plums helps maintain normal blood pressure. A special element contained within the skin of plums stimulates bowel movement. Nutrients in plums also help combat fluid retention and are good for circulation.
<b>Ways to incorporate the food into a healthy diet:</b>		
Carrot sticks are a colorful addition to any meal. Raw, shredded or sliced carrots can be added to a salad. To make raw carrots easier to chew, briefly steam or microwave them until crisp-tender. Offer raw carrots with a hoummos, cheese or avocado dip. Try adding orange juice to the water when boiling carrots to give them a tasty zing! Roast carrots with honey on.	Children may not be excited about platefuls of spinach, but baby leaves in salad with crispy bacon and avocado will tempt them more Cook, puree and use a pasta sauce with a little parmesan cheese. Spinach and nutmeg soup is a tasty winter warmer.	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.