



Fact File

29th Sept – 3rd October, 2008

Tomatoes	Cauliflower	Oranges
Nutritional Information:		
Vitamin C Vitamin E Potassium A good source of carotenoids	Vitamin C (In leaves) Beta carotene Riboflavin Folic Acid	Vitamin C & B. Iron Calcium Potassium Folic Acid Bio flavinoids (Pith and segment walls)
Health Benefits:		
Tomatoes are extremely rich in anti oxidants such as carotenoids and lycopenes making them good protectors of the cardio vascular system and effective against some forms of cancer.	Cauliflower is from the brassica's family, which become indigestible if overcooked and lose much of their healing power. The leaves should be added when cooking for extra nutrients. Studies have shown that in those who eat large quantities of brassica's, (cabbage, cauliflower, broccoli) lung, colon and breast cancer are far less common.	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:		
Use sieved tomatoes (passatta; available in all supermarkets) as an alternative to ketchup. Add sun blush tomatoes as a great extra topping for a healthy homemade pizza. Try stuffing large beef tomatoes with a favourite rice or pasta dish as a novelty edible bowl.	Raw cauliflower is particularly tasty when dipped in hommous. For a healthier cauliflower cheese, lightly steam the cauliflower then sprinkle with grated cheese and simply grill until crispy.	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.