



Fact File

9th – 13th February, 2009

Spinach	Cauliflower	Pomegranate
Nutritional Information:		
Rich source of carotenoids Good source of potassium Vitamin E Folic Acid	Vitamin C (In leaves) Beta carotene Riboflavin Folic Acid	Excellent source of Vitamin C Excellent source of Potassium Polyphenols – Antioxidants
Health Benefits:		
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 problem.	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 those who eat large quantities of brassica's, (cabbage, cauliflower, broccoli) lung, colon and breast cancer are far less common.	Pomegranates are the oldest fruit known to man and contain a good level of important nutrients, which has been its recent resurgence in popularity. The high anti-oxidant level helps eliminate harmful 'free radicals' from the body and helps to enhance the immune function. Juice from pomegranates may also help in the prevention of prostate cancer.
Ways to incorporate the food into a healthy diet:		
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.	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. Try baby cauliflower as these are normally sweeter than the larger version.	Seeds can be eaten raw and are a good source of roughage to help cleanse the body, so sprinkle on salads. To extract the juice, vigorously roll on hard surface which breaks the juice sacks inside, before making a hole in the outer skin. Is most common as a citrus paste or marinade for use in cooking. Pomegranates form the base for the drink flavouring 'Grenadine'.