



Fact File

16th – 20th March, 2009

Celery	Chick Peas	Kiwi fruit
Nutritional Information:		
Potassium Vitamin C Fibre Beta Carotene	Protein Fibre Calcium Iron Folic Acid	Vitamin C Fibre Beta Carotene
Health Benefits:		
<p>Celery is a rich source of folate which makes it an excellent addition to salads for women planning pregnancy. Celery helps calm the nerves. The essential oil for the celery seed has a powerful calming effect on the nervous system.</p>	<p>Chick peas are very high in fibre. This soluble fibre acts as a scrub brush, cleaning the digestive system. The fibre also takes care of the heart and circulation. Chickpeas are among the select group of foods that provide protein as well as calcium and iron. Folate may also help to stave off heart attacks and strokes.</p>	<p>Kiwi fruit is the best source of Vitamin C available in fruit containing twice as much as oranges! And also containing more fibre than an apple. Is an excellent but extremely gentle laxative ideal for youngsters who are often constipated.</p>
Ways to incorporate the food into a healthy diet:		
<p>The great crunchy texture and mild flavour of celery makes it a great snack to nibble in with or without a dip. Juice along with apple and carrot for an added healthy zing! The nutritional benefits make it a good additional to winter soups.</p>	<p>Try making your own hoummos at home. To cooked and pureed chick peas add tahini, garlic and lemon juice. Hoummos is great used as a dip. Try spreading hoummos into sandwiches. You can also add avocado for a creamier texture for children.</p>	<p>Finely chopped and added to jelly is a great way to make this fruit fun. Encourage eating by placing kiwi fruit in an egg cup, slice the top off and eat it like a boiled egg.</p>