



Fact File

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13th - 17th October 2008

Celery	Spinach	Kiwi fruit
Nutritional Information:		
Potassium Vitamin C Fibre Beta Carotene	Rich source of carotenoids Good source of potassium Vitamin E Folic Acid	Vitamin C Fibre Beta Carotene
Health Benefits:		
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.	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.	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.
Ways to incorporate the food into a healthy diet:		
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.	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.	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.