



Fact File

19th – 23rd January, 2009

Courgette	Sweet Potato	Grapes
Nutritional Information:		
Rich source of Potassium Vitamin E Vitamin C Folic Acid	Vitamin A (Beta-carotene) Vitamin C Vitamin B6 Manganese, Copper Potassium, Iron	Vitamin C Excellent source of natural sugar Antioxidant Flavonoids
Health Benefits:		
Courgettes have various beneficial effects on the body: a great anti-inflammatory, laxative and their high water content means they are great for detoxing and diuretic action. The potassium and vitamin E help counteract the negative effect of free radicals on the body.	Both beta-carotene and vitamin C are very powerful antioxidants that work in the body to eliminate free radicals. Sweet Potato can be helpful in reducing the severity of conditions where inflammation plays a role, such as asthma, osteoarthritis, and rheumatoid arthritis.	Grapes contain an enormous amount of protective compounds called polyphenols (concentrated in the skin of the grape – especially the black variety) which protect the heart and help prevent cancer. Uniquely nourishing and useful for anemia and fatigue.
Ways to incorporate the food into a healthy diet:		
The best way to take advantage of these nutrients is to eat the courgette raw. Slice thinly and let children sandwich them together with cheese, hommous or tomato. Grate carrot, courgette and add sultanas as a tasty finger food or to add to wraps.	Purée cooked sweet potatoes with bananas, maple syrup and cinnamon. Top with chopped walnuts. Baked sweet potatoes are delicious even when served cold and therefore make a great food to pack in to-go lunches. Great as home made chunky wedges baked in the oven.	Most children enjoy grapes however if you find that your child is not too keen, try offering grape juice, which is still rich in the cleansing and regenerative polyphenol compounds and a great sweet treat. Incorporate sliced grapes into a fruit salad.