



Fact File

30th March – 3rd April, 2009

Leeks	Green Beans	Grapefruit
Nutritional Information:		
Vitamin C Folic Acid Potassium	Excellent source of vitamin C, vitamin K and vitamin A Fibre Iron	High Vitamin C content A rich source of Bio flavenoids Potassium
Health Benefits:		
The goodness in leeks protects the lungs, heart and digestive system with their protective phytochemicals. As well as being a strong bacterial, anti-viral and anti-fungal, leeks are also potent cancer fighters.	Vitamin K is important for maintaining strong bones, along with vitamin A these two nutrients are important antioxidants that work to reduce the amounts of free radicals in the body. Green beans can also help prevent colon cancer. Green beans have almost twice as much iron as spinach.	Vitamin C in grapefruit is enormously important in combating infection and plays a major part in helping the body absorb iron from other food. Bio flavinoids contained in pith and segment walls strengthen the walls of our tiny blood capillaries. Potassium helps lower sodium (salt) levels in the body.
Ways to incorporate the food into a healthy diet:		
Creamy Leek and Potato Soup is always a great winter warmer. Leeks are a great substitute for onions in a pasta sauce as they are milder in flavour. Caramelize leeks to go on top of a burger as a great treat.	Green beans are a classic ingredient in Salad Nicoise, a French cold salad dish that combines steamed green beans with tuna, boiled egg and potatoes. Sauté green beans and sprinkle slivered almonds on. Roast green beans, red peppers, garlic, add olive oil & seasonings to make a delicious salad. Add to a breakfast/lunch omlette.	Make it fun for children by separating grapefruit from segment walls so that children can scoop flesh out with a spoon. When making muffins add juice and grate the zest of a grapefruit into the mixture for an alternative breakfast snack.