



Fact File

30th June – 4th July, 2008

Peppers	Sweet/Baby Corn	Grapefruit
Nutritional Information:		
<p>Rich source of Vitamin C (Antioxidant) Vitamin A Potassium Beta Carotene (Turned into Vitamin A in the body)</p>	<p>Beta carotene Lutein (yellow carotenoid) Good source of protein Rich in Fibre Vitamin B3 Zinc</p>	<p>High Vitamin C content A rich source of Bio flavenoids Potassium</p>
Health Benefits:		
<p>The variety of rich glowing colours, in which the many varieties of peppers come, means they are rich in protective antioxidants. These help us form the best defence against attack from internal and environmental bacteria (free radicals).</p>	<p>Corn is a good source of lutein which is good for healthy vision and a healthy cardiovascular system. Corn also adds a good level of fibre and folate to our diets. Sweet corn is also low in calories and cholesterol. Sweet corn is a good fighter against all forms of eczema.</p>	<p>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.</p>
Ways to incorporate the food into a healthy diet:		
<p>The natural sweetness in peppers can help to enhance a routine pasta sauce when sautéed then blended together. Offer colourful strips of sliced pepper with hommous or a soft cheese dip.</p>	<p>Baby corn is versatile and can be eaten raw and cooked. Baby corn is great cooked as an addition to stir fry's, or try raw with healthy dips like hommous as a great snack. Add sweet corn to your child's baked beans as a healthy extra.</p>	<p>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.</p>