



Fact File

17th – 21st October, 2008

Sweet Corn	Swede	Grapefruit
Nutritional Information:		
Beta carotene Lutein (yellow carotenoid) Good source of protein Rich in Fibre Vitamin B3 Zinc	Calcium Magnesium Phosphorus	High Vitamin C content A rich source of Bio flavenoids
Health Benefits:		
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.	Swede is excellent for digestion and extremely detoxifying as it helps to cleanse the blood.	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:		
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 hummus as a great snack. Add sweet corn to your child's baked beans as a healthy extra.	Although swede has a rather distinct flavour it is superb added to winter stews. Try boiling it with carrots and mashing together with a little butter and milk. Slice thinly along with carrots, sweet potato, parsnip with a little olive oil and bake as healthy chips.	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 a alternative breakfast snack.