



## Fact File

24<sup>th</sup> – 28<sup>th</sup> November, 2008

Leeks	Green Beans	Lemons
<b>Nutritional Information:</b>		
Vitamin C Folic Acid Potassium	Excellent source of vitamin C, vitamin K and vitamin A Fibre Iron	A rich source of Vitamin C Potassium Bio-flavinoids Folic Acid
<b>Health Benefits:</b>		
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.	Lemons are a whole medicine chest in themselves. They are a wonderful anti bacterial and friendly for the digestive system. The pith (white outer just under skin) is a potent cancer fighter. A thick slice of lemon in hot water is perfect for tummy upset. Also good for sore throats or mouth ulcers.
<b>Ways to incorporate the food into a healthy diet:</b>		
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.	A squeeze of fresh lemon is a great way of adding a tasty zing to any fish dish. Offer your children slices of lemon to squeeze into water to make their own fresh cordial. Is great grated into muffins or squeezed on pancakes.