



## Fact File

8<sup>th</sup> - 12<sup>th</sup> October, 2007

Kidney Beans	Onions	Oranges
<b>Nutritional Information:</b>		
Protein B Complex Vitamins Calcium Iron Magnesium Zinc Fibre	Vitamin C Folic Acid Potassium	Vitamin C & B. Iron Calcium Potassium Folic Acid Bio flavinoids (Pith and segment walls)
<b>Health Benefits:</b>		
<p>Kidney beans contain almost as much protein (weight for weight) as a good piece of steak.</p> <p>The Fibre takes care of the heart, circulation and reduces risk of constipation.</p> <p>The high level of complex carbohydrates in beans is the best form of energy for active kids.</p>	<p>The goodness in onions protects the lungs, heart and digestive system with their protective phyto-chemicals.</p> <p>As well as being a strong bacterial, anti-viral and anti-fungal, onions are also potent cancer fighters.</p>	<p>Vitamin C helps the body combat infection and preserves general health.</p> <p>It also helps the body to absorb iron from other foods.</p> <p>Bio flavinoids help to strengthen the walls of the tiny blood capillaries in the human bodies.</p>
<b>Ways to incorporate the food into a healthy diet:</b>		
<p>Never feel guilty about serving up beans (low salt and sugar canned variety) on toast, it's an extremely nourishing meal.</p> <p>Consider adding beans to stews and casseroles to give them a great nutritional boost.</p>	<p>Onion Soup is always a winner when filled with lots of noodles.</p> <p>Onions are a great in a pasta sauce however children always find them too strong so try grating them instead of chopping.</p> <p>Caramelize onions to go on top of a burger as a great treat.</p>	<p>Oranges can be quite acidic, try offering tinned mandarin slices with custard or yoghurt on top.</p> <p>Freshly squeezed orange juice from the supermarket is great if you are unable to juice at home.</p> <p>Beware of pasteurised and added sugar in some juices. Mix apple juice with orange for less acidity.</p>