



Fact File

26th – 30th January, 2009

Tomatoes	Kidney Beans	Pears
Nutritional Information:		
Vitamin C Vitamin E Potassium A good source of carotenoids	Protein B Complex Vitamins Calcium Iron Magnesium Zinc Fibre	Vitamin C Iron Calcium High in Soluble Fibre
Health Benefits:		
Tomatoes are extremely rich in anti oxidants such as carotenoids and lycopenes making them good protectors of the cardio vascular system and effective against some forms of cancer.	Contain almost as much protein (weight for weight) as a good piece of steak. The Fibre takes care of the heart, circulation and reduces risk of constipation. The high level of complex carbohydrates in beans is the best form of energy for active kids.	Pears are one of the best fruit choices for your daily intake of fibre. A medium sized pear can contain as much as 5 grams of fibre (including the skin!). A great way to prevent constipation in children. Pears provide a rich supply of natural sugar; a perfect snack for instant energy.
Ways to incorporate the food into a healthy diet:		
Use sieved tomatoes (passatta; available in all supermarkets) as an alternative to ketchup. Add sun blush tomatoes as a great extra topping for a healthy homemade pizza. Try stuffing large beef tomatoes with a favourite rice or pasta dish as a novelty edible bowl.	Never feel guilty about serving up beans (low salt and sugar canned variety) on toast, it's an extremely nourishing meal. Consider adding beans to stews and casseroles to give them a great nutritional boost.	Stew pears and serve with yoghurt or custard as a delicious treat. Juice pears with fresh pineapple and grapes for a good energy drink. Bake pears with skin on and use as a tasty addition to a salad, as baking intensifies the sweetness.