



Fact File

14th – 18th July, 2008

Lettuce	Olives	Pear
Nutritional Information:		
High Levels of Vitamin A Calcium Beta Carotene	Vitamin E Good source of monounsaturated fats Contain polyphenols & flavonoids	Vitamin C Iron Calcium High in Soluble Fibre
Health Benefits:		
Spinach, watercress and Lamb's lettuce are loaded with beta-carotene, a pigment our bodies can convert to vitamin A. Endive, romaine and spinach also provide plenty of folate, a vitamin considered an important nutrient for cardiovascular health. Darkly hued leaf lettuce, spinach and lamb's lettuce are all rich in iron.	The anti-inflammatory actions of the monounsaturated fats, vitamin E and polyphenols in olives may help reduce the severity of asthma, osteoarthritis, and rheumatoid arthritis, conditions associated with high levels of free radicals. The vitamin E in olives may even help to reduce the frequency and/or intensity of hot flashes in women going through menopause.	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:		
Add vitamin C-rich tomatoes, lightly steamed broccoli, grated carrot, raisins and toasted pine nuts to make a salad more appealing to children. Allowing children to help prepare salad will make them more interested, also add grated cheese, olive oil or pesto. Try mixing in some cold pasta too!	Olive tapenade is a delicious and easy-to-make spread that you can use as a dip, sandwich spread, or topping for fish and poultry; Simply put pitted olives in a food processor with olive oil, garlic, and your favorite seasonings. Toss pasta with chopped olives, tomatoes, garlic, olive oil and fresh herbs of your choice. Set out a plate of olives on the dinner table with some vegetable crudité's to accompany a meal.	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.