



Fact File

23rd – 27th March, 2009

Sweet Corn	Swede	Pineapple
Nutritional Information:		
Beta carotene Lutein (yellow carotenoid) Good source of protein Rich in Fibre Vitamin B3 Zinc	Calcium Magnesium Phosphorus	Excellent source of Vitamin C Fibre Rich in Bromelain
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.	Pineapple is a delicious cure for digestive problems. The enzyme Bromelain is a good remedy for bruising as it breaks down the accumulating blood in the injured area that causes a bruise to appear. The anti biotic and anti inflammatory effects of pineapple are also great for sore throats.
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 hommous 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.	Whizz fresh pineapple in a blender and freeze in ice lolly moulds, better than ice cream for a sore throat. Add chunks of pineapple to a homemade pizza.