

Project Food Newsletter

We're now on our way out of the so called 'Hungry Gap' meaning that UK grown produce becomes more plentiful...and cheaper too.

With this in mind, I thought this would be a good opportunity to look at some different fruit and veg, the vitamins and minerals they contain and how including a good variety in our diets can be so beneficial to good health.

With very best wishes,
Hannah and the Project Food team



PROJECT FOOD

A helping hand to healthy eating

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More than any other foods, fruit and vegetables contain essential vitamins, minerals and fibre that are vital for good health and disease prevention.

What do each of the vitamins do and where can you find them?

Vitamin A keeps your skin healthy. It strengthens your immune system thus protecting against infections and also helps you to see in dim light.

Best sources of **Vitamin A**: Dark leafy vegetables such as spinach, chard, rocket, leeks and sweet potatoes, carrots, mangos.



Vitamin B1 (thiamin) helps to break down and release energy from the food you eat. It helps to maintain muscle tissue and helps to keep your nerves and muscles working properly.

Best sources of **Vitamin B1**: Peas, aubergine

Vitamin B2 (riboflavin) keeps your skin, eyes and nervous system healthy. As with all the vitamin B's it breaks down and releases energy from the food you eat. It also helps your body to produce red blood cells and helps your body to absorb iron from food.

Best sources of **Vitamin B2**: Mushrooms, spinach



Vitamin B6 (pyridoxine) helps to form haemoglobin, which carries oxygen in your blood.

Best sources of **Vitamin B6**: Sweet potato, potato, avocado, bananas

Vitamin C helps protect cells and keeps them healthy. It also helps your body to absorb iron and helps wounds to heal. Vitamin C cannot be stored in your body, so you need to eat some in your diet every day.

Best sources of **Vitamin C**: Oranges, red and green peppers, strawberries, blackcurrants, broccoli, brussel sprouts, potatoes, leeks, cabbage, peas



Vitamins continued...

Vitamin E helps to protect your body from damage caused by free radicals, helping to prevent the development of diseases such as cancer.

Best sources of **Vitamin E**: Green vegetables

Vitamin K is needed for blood clotting which means it helps wounds to heal properly. It is also needed to help build strong bones.

Best sources of **Vitamin K**: Dark green leafy vegetables such as broccoli and spinach



Minerals

Calcium helps build strong bones and teeth, regulating muscle contractions, including your heartbeat and ensures blood clots normally.

Good sources of **calcium** include: dairy products, green leafy vegetables, such as broccoli & cabbage, nuts.

Iron helps make red blood cells, which carry oxygen around the body.

Good sources of **iron** include: most dark-green leafy vegetables eg spinach & curly kale, and red meat.



Potassium...eating sufficient potassium helps to keep your muscles strong (including that hard working muscle, your heart) and helps to control blood pressure and water balance in your cells.

Good sources of **potassium** include: sweet potatoes, bananas, pineapple, spinach, dried fruit

Beta-carotene is a red-orange pigment found in plants and fruits. The human body converts beta-carotene into Vitamin A. Beta-carotene also has an anti-oxidant role. Studies have shown that anti-oxidants, through diet, help people's immune systems, help to protect against free radicals and lower the risk of developing heart disease and many cancers.

Good sources of **beta-carotene** include: carrots, pumpkin, squash, sweet potato, spinach, broccoli, asparagus, apricots, grapefruit, plums



This month's recipe is one that makes the most of seasonal British produce—a courgette and green bean curry.