



STUART'S FOODS

FAST FRESH FOODSERVICE



Welcome to Stuart's Foods June Newsletter

Seasonal Vegetables

Tomatoes



Nutrition information (per 100g raw)- 14 kcal, carbohydrate 3.0g, Sugars 3.0g, Protein 0.5g

With over 15,000 varieties of tomatoes worldwide varying in colour from Yellow to Purple the humble tomato is much more than the red round fruit we all think of. Tomatoes are a great addition to the diet that we eat a lot more than we realise with a lot of cooking sauces being tomato based. They are a rich source of vitamins and minerals like vitamin A, C and K, as well as a good source of dietary fibre. Health benefits include reducing blood pressure, increasing digestion, stimulating blood flow and the antioxidants they contain have been proven to help fight some forms of cancer.

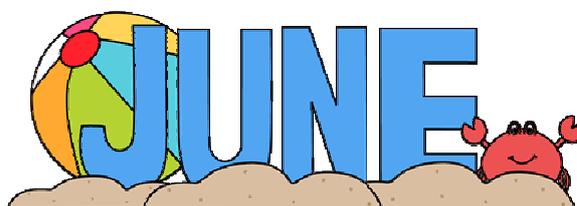
The most popular types of tomatoes are Beef, Plum and Cherry. Why not try stuffing a beef tomato with flavoured couscous as an alternative side dish or lunch idea.

Lettuce



Nutrition information (per 100g raw- green leaf)- 151kcal, carbohydrate 1.4g, sugar 1.4g, Protein 1.2g

Many people think of lettuce as a boring salad base, but with many different types come different flavours. The darker the lettuce are higher the nutrient content, lettuce is a great help with weight loss as it is high in fibre which helps make you feel fuller and aid the digestive system. Lettuce also has high water content and is very low in calories; 1 cup of shredded lettuce contains just 12 kcal. Try using them as a wrap instead of a tortilla or changing the type you use to mix up flavours in your sandwich, burger or salad.



Fruit

Blueberries



Nutrition information (per 100g)- 40 kcal, carbohydrate 9.1, sugar 9.1g

This small berry is packed full of goodness like iron, phosphorous, calcium, magnesium, manganese, zinc and vitamin K. They are full of antioxidants and have many health benefits like supporting the cardiovascular, healthy eye sight and bone development. Great eaten on their own as a snack or enjoyed on cereal or with yoghurt.

Peaches



Nutrition information (per 100g raw) - 33 Kcal, carbohydrate 7.6g, Sugars 7.6g

Peaches are a great summer fruit with only a short season running from late May to September. They are high in vitamin A and C and are therefore great for your skin as well as being a diuretic which helps cleanse the kidneys and bladder. In Hungary they are often referred to as the fruit of calmness as they are good for stress relief. Again being high in dietary fibre they help fight hunger and aid digestion.

Peaches pair well with flavours such as mint, basil, cinnamon, ginger as well as other summer fruits.

Dates to remember...

