



APPLES

Apples are one of the most popular fruits in the UK. They contain an impressive list of essential nutrients, which are required for normal growth and development and overall nutritional well-being

The majority of dietary fibre is found just under the skin of the apple

About 80-85% of an apple is made up from water

Apples are packed full of antioxidants especially Vitamin C for healthy skin and gums

Apple Bobbing—Fresh apples float because 25% of their volume is air

Apple varieties range in size from a little larger as a grapefruit. There are apples that have an aftertaste of pears, citrus, cinnamon, cloves, coconut, strawberries, grapes and even pineapple!



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BEANS (LEGUMES, PUISES)

Beans are a rich source of dietary fibre

Beans are also a good source of B Vitamins, Calcium, Potassium and Folate

Beans and other legumes offer complex carbohydrates, which we need to power our bodies

They contain essential fatty acids (omega-6s, and in the case of soybeans, omega-9s)

Combine beans or lentil with grains like barley, oats and rice, and complete proteins are formed, making them a good source of this vital nutrient for people for non meat eaters



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Oily Fish

Oily fish including salmon, mackerel, anchovies, pilchards, sardine and fresh tuna are rich in omega—3 essential fatty acids (EFA's)

Omega-3 has many benefits in the diet, ranging from preventing coronary heart disease to benefiting brain function and maintaining healthy joints

Omega 3 fatty acids are important for the development of the central nervous system in babies, before and after they are born

Oily fish contains fewer calories than red meat and is also a great source of protein

Everyone should eat at least two portions of fish a week including one portion of oily fish portion is 140g



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Oats

Oats are a good source of many nutrients including Vitamin E, Zin, Selenium, Copper, Iron AND magnesium

Oats are a great source of protein. Porridge oats contain the highest level of protein within the cereal family

Eating porridge for breakfast provides you with enough energy for the first half of the day and stabilises blood sugar levels

Boosts concentration and slow releasing carbohydrates sustain energy levels and raise blood sugar allowing full concentration to be maintained

History—porridge is traditionally the food of a mountain climbers and exploders as it gives a slow release of energy

Oats represent about 3% of the total UK cereals are and are mostly in the autumn months



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Bananas

Bananas are a good source of vitamin C, potassium and dietary fibre

Banana contain no fat, cholesterol or sodium

As bananas ripen, the starch in the fruit turns to be sugar. Therefore, the riper the banana the sweeter it will taste

As bananas are jam packed with potassium they can help lower blood pressure and vitamin B6 for healthy skin and hair

Around the world -the banana is the most popular fruit. People spend over £19 billion a year on bananas globally

Bananas are one of the few fruits that ripen best off the plant. Even in tropical growing areas, bananas for domestic consumption are cut green and stored in moist shady place to ripen slowly



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BEETROOT

Beetroot is a great source of vitamins and minerals and contains good levels of potassium, magnesium and iron as well as vitamins A, B6 and C, and folic acid

Beets also contain carbohydrates, protein powerful antioxidants and soluble fibre

Three baby beetroot equal one of your recommended five portions of fruit and vegetables a day

Getting in a jam—the red pigment in beetroot is used to colour strawberry jam as well as to improve the colour of tomato paste, sauces and strawberry ice cream

Record breakers—the worlds heaviest beetroot weighed 23.4kg (51.48lb) and was grown by Ian Neale from Somerset in 2001



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NUTS, BERRIES & SEEDS

Nuts and seeds are fatty foods, which are typically the best sources of vitamin E, an immune enhancing antioxidant and nerve protector

They contain the largest quantity of fat of all unprocessed foods but much of it is in the form of essential fatty acids

Vitamins, minerals amino acids, carbohydrates, and others are just a part of their remarkable properties

Berries—all berries are a vital source of vitamin C; which acts as an antioxidant, strengthens the immune system and is important in the healing of bones and wounds

Strawberries, raspberries and blueberries contain phytonutrients that may help in the fight against heart disease and some cancers



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Wholegrain

A whole grain consists of the entire grain seed of a plant. This seed, also known as the kernel, is made up of three key parts; the bran, the germ, and the endosperm

Whole grains can be found in whole wheat, whole oats/oatmeal, whole grain cornmeal, popcorn, brown rice, whole rye, whole grain barley, wild rice, buckwheat, bulgur, millet and quinoa

Whole grains provide a rich source of nutrients including insoluble fibre, beta glucan, magnesium, potassium and thiamine (B1)

Foods containing wholegrain have a low GI which can protect against heart disease



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