

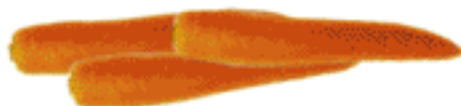


# NUTRITION TIPS

## Orange Vegetable Group Sweet Potato

Most people do not know that sweet potato is a vegetable. Well, it is - and a very nutritious one at that! Sweet potato is an excellent source of vitamin A (in the form of beta carotene) and a very good source of vitamin C and manganese. It is also a good source of copper, dietary fibre, vitamin B6, potassium and iron. The beta-carotene and vitamin C in sweet potatoes are antioxidants that help keep children healthy. When buying sweet potatoes, choose the ones that are firm and without bruises and spots. To store, keep them in a cool, dark and well-ventilated place, and not in a plastic bag or the refrigerator. The flesh of sweet potatoes usually darken on exposure to air, you should therefore cook them immediately after peeling or cutting them. Otherwise, keep them in a bowl covered completely with water until you are ready to cook.

### Carrots



Carrots are well known and loved by most children. They are good for the eyes since they contain a lot of beta-carotene, which the body

converts to vitamin A. They are also rich in fibre, which helps lower the body's cholesterol level while also keeping the digestive system healthy. Carrots generally keep longer than most vegetables if stored properly. When buying, avoid the ones that are limp, cut off the leafy tops and brush to remove every speck of soil. Carrots are delicious when eaten raw or cooked and lose very little nutritional value during cooking. In fact, nutrients like beta-carotene become more available for absorption when carrots are cooked.

### Corn



The most popular varieties of corn are the white and yellow ones. The yellow corn has larger and buttery flavoured kernels, while the white ones have smaller and sweeter kernels. Corn is rich in nutrients like dietary fibre, vitamins B1, B5 and C and folic acid.

Good quality corn has fresh green, tightly fitting husks, with golden brown silk tip ends. Corn is best cooked when it is still fresh and can be

boiled, grilled or roasted while it is still on the cob. To store sweet corn, wrap it in perforated plastic bags and put in the freezer. When finely ground, corn is used to make cornmeal or masa.

### Potatoes

Potatoes are a very popular food source that provides children with a low calorie, high fibre nutrition. They are also rich in vitamin B6, which is involved in many important processes in children's bodies.

When buying potatoes, pick the ones that are smooth, firm and well shaped and store them only in a dark, dry place. In addition, do not store them near onions so that the gas from the onions will not cause the potatoes to decay.

Potato is best consumed whole because the skin is high in fibre, but if you must remove the skin, do so carefully with a vegetable peeler to retain the nutrients that lie just below the skin.



### • For more information on child nutrition

Visit the Olu Akinkugbe Foundation  
Child Nutrition Centre

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