

Exceptional nutritional value ~ Taste ~ Economical ~ Available ~ Cultural



BANANA
Several species, more than 480 varieties

Musa spp.
β-carotene: <1 - 8 500 μg
Vitamin C: <1 - 20 mg
Riboflavin: <1 - 14 mg
Potassium: 240 - 370 mg



PHOTOS: KP Studios, KP Studios, Lojs Englberger



TARO
Four common genera, hundreds of species, more than 1 000 varieties

Colocasia esculenta
Cyrtosperma chamissonis
β-carotene: 15 - 4 500 μg
Vitamin C: 5 - 8.5 mg
Iron: 0.6 - 3.6 mg
Zinc: 0.8 - 63 mg



PHOTOS: KP Studios



COCONUT FLESH (mature)
One species, more than 180 varieties

Cocos nucifera
Protein: 3 - 4 g
Fat: 27 - 40 g
Vitamin C: 2 - 7 mg
Iron: 1 - 2.5 mg



PHOTOS: KP Studios



WRASSE
More than 1 000 species and sub-species

Hemigymnus melapterus (Blackeye Thicklip Wrasse)
Protein: 17 - 50 g
Niacin: 3 - 20 mg
n-3 fatty acids: 0.1 - 3.0 g



PHOTOS: H.V. Kuhnlein, KP Studios, KP Studios



BREADFRUIT
Three species, more than 280 varieties

Artocarpus altilis (unseeded);
A. mariannensis (seeded)
β-carotene: 8 - 940 μg
Vitamin C: 21 - 34 mg
Iron: 0.2 - 1.4 mg
Potassium: 325 - 440 mg



PHOTOS: H.V. Kuhnlein, KP Studios, H.V. Kuhnlein



GREENS
Hundreds of species, thousands of edible varieties

Ipomoea aquatica (kangkong)
Abelmoschus manihot (edible hibiscus)
β-carotene: 500 - 12 000 μg
Vitamin C: 3 - 130 mg
Calcium: 20 - 600 mg



PHOTOS: KP Studios



PANDANUS FRUIT
Four species, more than 180 edible varieties

Pandanus tectorius
β-carotene: 14 - 1 000 μg
Iron: 0.4 mg
Vitamin C: 5 - 10 mg



PHOTOS: KP Studios

2nd INTERNATIONAL DECADE OF THE WORLD'S INDIGENOUS PEOPLES
CELEBRATE DIVERSITY IN PACIFIC ISLAND INDIGENOUS FOOD



IDRC CRDI

All values are per 100 g of food item.
© H.V. Kuhnlein and L. Englberger 2006. Poster design © 2006 Helen Cohen Rimmer, HCR Photo