

Comparison of nutrient content of local foods and imported foods (100 grams or ~ ½ cup* edible portions)

Food item	Energy Kcal	Fiber g	Calcium mg	Iron mg	Zinc mg	Provitamin A beta-carotene equivalents	Vitamin B ² Riboflavin mg	Vitamin B ³ Niacin mg	Vitamin C mg
LOCAL FOODS									
Banana, white-fleshed ripe, raw	103	0.8	11	0.6	0.2	46	0.08	0.7	17.3
Banana, white-fleshed, green, boiled	111	1.2	5	0.5	0.2	116	0.04	0.5	9.0
Banana, yellow-fleshed, <i>Karat</i> , raw	na	na	68.6	na	na	2473	14.3	22.6	na
Breadfruit, unseeded, mature, boiled	75	2.5	18	0.2	0.1	30	0.05	0.7	22
Breadfruit, seeded, ripe, boiled	na	na	na	na	na	939	na	na	na
Taro, common taro, white, boiled	99	0.8	34	1.0	0.8	38	0.03	0.6	5
Taro, giant swamp taro, unspecified, boiled	72	2.5	165	0.6	1.9	27	0.01	0.3	7.9
Taro, giant swamp taro, yellow-fleshed, boiled	na	na	305	0.8	7.0	4486	na	na	na
Pandanus, yellow-fleshed, fresh	86	3.5	88	0.4	0.3	941	0.02	0.9	5.2
Garlic pear fruit (apuch), yellow-fleshed, raw	58	1.5	11.3	0.6	na	1080	0.04	0.5	45.3
IMPORTED FOODS									
Apple, raw	54	2	5	0.2	0.1	10	0.01	0.1	5
Biscuit, plain sweet	451	2	31	1.1	0.4	6	0.02	1.6	0
Rice, white, boiled	123	0.8	4	0.3	0.6	0	0.01	0.6	0

Sources: Dignan et al., Pacific Island Food Composition Tables 2nd Ed, 2004; Englberger et al. 2003, 2006, 2008. na: not available

* For comparison of other local or imported foods, see Dignan et al. 2004 and scientific papers.

** Approximate weights of some common items are: one *Karat* banana ~100 to ~300 g, one apple ~130 g, one sweet biscuit ~7 g.

Notes on scientific names of local foods: banana-*Musa sp*; breadfruit- *Artocarpus sp*; common taro- *Colocasia esculenta*;
giant swamp taro- *Cyrtosperma merkusii*; pandanus- *Pandanus tectorius*; garlic pear- *Crataeva speciosa*.