Bush Tucker

in Kidney Failure and Diabetes

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AMGEN

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Contents

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FOREWORD

This book has been put together for people with chronic kidney disease who wish to eat Indigenous foods.

It is designed to assist you and the dietician to make choices of Indigenous food.

This is a selection of the more common foods eaten. For the composition of other foods, a more complete reference is available in “Tables of Composition of Australian Aboriginal Foods” by Janette Brand Miller, Keith W. James and Patricia M A Maggiore

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INTRODUCTION

About Kidney failure and the need for a 'Kidney diet'

A 'kidney diet' may help to slow down kidney damage and help to keep you well. In later stages of kidney damage, the diet may also help you control the amount of waste products in your blood and body. If these waste products build up to very high levels, they may cause nausea, vomiting, hiccups, tiredness, weakness, sleepiness and other problems.

Your diet is determined from the blood tests that you have. They tell us about how well your kidney is working and what your diet needs to control.

The controlled amounts of each of these nutrients are based on the blood levels of potassium, sodium, protein and urea.

Kidney Failure and your diet

If you have kidney failure you need a special diet to keep you healthy.

Your kidneys remove waste products and excess fluid that come from your diet and what you drink. When they fail, there are stages the kidneys go through and with each of these stages your diet needs to change also. A special diet can slow the rate of kidney failure and limit the build up of waste products and fluid in your body.

In kidney failure we are mainly concerned about salt (sodium), phosphate, protein, potassium, and calories.

Your Nephrologist or GP will refer you to a Dietician. It is important that you let the dietician know what types of food you like. You will still be able to have them but the dietician will let you know how much and how often so that you keep well.

Protein

You need protein for building muscles and repairing itself.

Excess protein turns into urea, which the kidney normally gets rid of. In kidney failure this waste product builds up and can affect all parts of your body and blood.

To avoid a lot of this waste in your body you need to eat less protein. Eating less protein has been shown to lessen the stress on the kidney and slow down the rate at which it is failing.

Protein is found in two types of foods:

- **Animal sources**- meat, bird, seafood, milk have large amounts
- **Plant sources**- breads, grains, vegetables and fruits have smaller amounts

Even though you have to limit protein in your diet it is essential that you still eat the right amount of protein to keep well.

If you are on peritoneal dialysis, you will need to increase the amount of protein you eat because dialysis removes some protein from your system.

In the later stages of kidney failure, a low-protein diet can lead to malnutrition and should only be implemented under the guidance of a kidney specialist.

Phosphorus

A good level of phosphorus is necessary for the good health of your bones. In kidney failure your kidney cannot get rid of all the phosphate that is in food.

Too much phosphate causes your bones to weaken. If this happens they can ache and possibly break easily.

To help prevent this, it would be good to have a diet of foods low in phosphate but if diet alone does not work medication will also have to be used. The phosphate level is listed in the tables and your dietician will give you a daily allowance.

High phosphorus levels are found in the following foods:

- Milk
- Nuts
- Beer and cola drinks

Sodium (salt)

Sodium helps to regulate your blood pressure and the amount of fluid you retain in your body. In kidney failure where your kidney does not get rid of excess sodium high blood pressure and fluid retention occur.

To prevent these problems you may need to limit the amount of sodium in your diet.

Sodium is found in many foods

- Table salt
- Snack foods, processed cheese, some canned foods, “fast foods”, ham, bacon and luncheon meats

Substitutes for salt can include spices, lemon or pepper.

Potassium

Potassium helps your heart and muscles function properly. The amount you need varies, depending on your body size, how well your kidney works and the tablets you take. In the early stages of kidney failure this does not have to be restricted.

Potassium is found in many foods.

- Foods high in potassium include fruits, vegetables, breads, cereals, starches

You can reduce the potassium in some food before you eat it. For example you can: cut peeled potatoes into small pieces, soak them for at least two hours in a large amount of warm water, drain, and then cook.

Calories

The calories in food are what give you energy. Because you are restricted in the amount of protein you eat, you need to increase other foods to get enough calories.

With all the restrictions in the type and quantity of foods you can consume it is important to work with your dietician to formulate a balanced diet. Losing too much weight can cause you to be ill. Your weight should be monitored regularly.

If you are diabetic or overweight, talk with your renal dietician about the best way for you to loose weight.

Your new diet may have more fats and carbohydrates (starches and sweets) than you are used to eating. These are added to help maintain weight and protect your muscle tissue. However this does not mean that the Australian native foods that you would like to eat cannot be included in your 'kidney diet'.

Fluids

It is only in the later stages of kidney failure when the fluid you drink is retained in your body. Drinking fluid is only restricted when you accumulate excessive amounts in your body.

Vitamins

Whether you need extra vitamins depends on your various dietary restrictions and how much kidney damage there is. A good diet gives you enough vitamins A, E, and K. You may need to supplement your diet with vitamins B and C when you start dialysis.

How to use the food tables

There are some symbols in the tables that you need to understand.

BDL (below detectable limit) indicates that a trace amount of the component is present. It is not considered to be of dietetic significance.

ND (not determined) means that no value is available for this component.

***** indicates that the value in the carbohydrate column was derived by direct measurement, rather than calculated by difference.

(T) indicates that the average *total* carbohydrate content (that is including fibre) of the food has been calculated.

N/A indicates that data was not available

The tables are put together in four sections.

Table 1: Animals
Table 2: Insects and Insect Products
Table 3: Fruits
Table 4: Vegetables

Tables 1,2 and 3 have been put together linking the Common Names in groups according to type. For example, all kangaroos are together and all reptiles are together rather than listing by their scientific names. Table 4 has been put together using the 'part' to link the groups together. For example, all seeds are together, all tubers are together etc. This also means that the scientific names are not in alphabetical order.

A column under the heading 'Local Name' is for the patient's use, this is to cater for local knowledge of plant and animal names in the patients own area.

Dietician Recommendations

DATE	RECOMMENDATIONS

DATE	RECOMMENDATIONS

Animal Foods

Buffalo, Walleroo, Kangaroo, Possum, Goose

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Bubalus bubalis	Feral Water Buffalo		Flesh cooked, salted	641	69.7	21.0	4.4	7.6	358	121	5	4.0	ND
Macropus antilopinus average	Antilopine Walleroo		Flesh	661	63.8	25.3	3.7	5.9	26	215	9	6.8	ND
Macropus antilopinus average	Antilopine Walleroo		Heart	546	71.0	21.9	3.7	2.3	70	191	16	10.1	ND
Macropus antilopinus average	Antilopine Walleroo		Liver	769	61.9	25.4	6.4	6.4	92	248	12	10.5	ND
Macropus robustus	Common Walleroo		Flesh	374	77.8	19.5	0.4	1.7	170	560	10	12.7	140
Macropus sp. average	Kangaroo		Flesh	ND	73.2	24.2	2.3	ND	63	364	3	6.0	ND
Macropus sp.	Kangaroo		Heart	ND	76.7	18.8	3.5	ND	90	270	5	4.5	ND
Macropus sp. average	Kangaroo		Liver	664	66.4	24.4	5.9	2.0	79	268	4	4.4	ND
Macropus sp.	Kangaroo		Kidney	ND	74.2	19.8	5.6	ND	243	220	10	12.1	ND
Trichosurus arnhemensis	Northern Brushtail Possum		Flesh, cooked	701	61.3	33.6	3.5	BDL	147	495	25	10.3	ND
Trichosurus arnhemensis	Northern Brushtail Possum		Liver, cooked	704	64.7	26.5	6.8	0.1	192	325	25	10.2	ND
Trichosurus arnhemensis	Northern Brushtail Possum		Kidney, cooked	713	62.2	28.7	5.7	0.9	212	319	132	2.0	ND
Anseranus semipalmata	Magpie Goose		Flesh of bird	614	68.5	24.2	4.6	2.0	90	660	7	3.5	390
Anseranus semipalmata	Magpie Goose		Liver	718	56.7	22.1	2.9	14.7	130	500	80	35.3	440
Anseranus semipalmata average	Magpie Goose		Egg	877	69.7	10.1	18.4	1.5	129	109	51	3.3	260

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993,
Tables of Composition of Australian Aboriginal Foods. Aboriginal Studies Press, Canberra.

Animal Foods

Proximate constituents per 100g edible portion, raw unless otherwise indicated

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Ardeotis australis	Australian Bustard		Bird	ND	69.4	24.2	0.4	ND	88	410	20	17.8	17
	Bush Turkey		Turkey, cooked	763	60.4	29.1	6.6	1.5	355	248	34	ND	ND
Acanthopleura spinosa	Spiny Chiton		Flesh	588	61.5	19.2	3.4	8.5	630	152	500	214.0	ND
Acrochordus sp. average	File Snake		Flesh	454	74.7	16.1	3.7	2.7	140	178	478	6.7	ND
Amphibolurus sp. average	Dragon Lizard		Flesh & skin, cooked	785	60.6	30.2	7.2	0.4	142	179	111	12.0	ND
Amphibolurus sp.	Dragon Lizard		Liver	1070	56.4	11.8	18.7	11.1	11	228	52	23.0	ND
Amphibolurus sp.	Dragon Lizard		Fat	2568	16.7	4.0	59.9	17.7	80	84	40	25.5	ND
Liasis fuscus	Water Python		Reptile	ND	61.7	33.1	ND	ND	ND	ND	ND	ND	ND
Pseudechis porphyriacus	Redbellied Black snake		Flesh	453	74.0	23.0	1.5	0.4	70	335	31	1.3	ND
Varanus gouldii	Gould's goanna, sand monitor		Flesh, cooked	ND	64.6	32.1	1.6	ND	150	440	20	9.8	260
Varanus sp. average	Goanna		Flesh, cooked	821	56.1	30.5	7.2	2.2	230	257	116	11.2	ND
Varanus sp.	Goanna		Heart, cooked	ND	65.6	25.9	5.6	ND	150	260	102	35.0	ND
Varanus sp. average	Goanna		Liver, cooked	516	69.9	19.1	5.5	1.2	141	189	219	101.5	ND
Varanus sp. average	Goanna		Fat, cooked	1579	45.5	16.5	33.8	2.9	56	201	63	49.2	ND
Chelodina rugosa	Northern Snake-Necked Turtle		Flesh	592	67.8	26.8	2.9	1.8	93	280	ND	1.8	ND
Chelodina rugosa	Northern Snake-Necked Turtle		Liver	924	65.0	11.1	18.1	4.1	109	195	ND	ND	ND

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Turtle, Oysters, Mussel, Snail, Worm, Mud Crab

Proximate constituents per 100g edible portion, raw unless otherwise indicated

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Chelonia depressa average	Flatback Turtle		Flesh, cooked	473	72.4	25.1	0.7	1.2	72	282	2	14.3	140
Cheloni depressa average	Flatback Turtle		Heart	553	76.1	20.0	5.6	0.5	99	174	3	6.9	ND
Chelonia depressa	Flatback Turtle		Fat	1595	51.9	2.9	40.0	4.1	58	120	6	1.3	ND
Chelonia depressa	Flatback Turtle		Intestine	432	75.6	18.1	2.7	1.5	260	181	122	5.7	ND
Chelonia depressa average	Flatback Turtle		Egg	540	75.9	11.8	8.7	3.2	127	76	54	1.3	170
Elseya dentata	Northern Snapping Turtle		Flesh	418	76.6	22.3	0.7	0.8	80	310	10	8.5	140
Eretmochelys imbricata	Hawksbill Turtle		Egg	ND	88.9	5.7	ND	7.6	97	70	40	0.5	120
Intadal margerafida	Black Lip Oysters		Flesh	496	77.0	8.8	1.5	18.2	590	190	150	4.5	90
Pinctada margaretifera	Black Lip Oyster			215	86.8	7.4	1.3	2.54	380	80	50	32.3	93
Saccostrea cucullata	Common Milky Oyster			478	76.6	6.6	5.3	10.6	110	160	50	1.8	ND
	Rock Oysters			409	80.2	8.6	5.2	4.4	180	170	160	7.5	ND
Polymesada coaxans average	Mud Mussel			511	69.3	13.3	2.0	13.6	438	140	181	107	200
Velesunio ambiguous	Freshwater Mussel		Mussel	303	64.4	5.4	1.4	8.7	53	22	124	16.6	ND
Velesunio angasi	Mussel		Cooked	346	79.0	11.6	2.0	4.7	36	27	324	6.0	ND
Nertia articulate average	Mangrove Snail			438	75.0	15.9	1.7	7.2	1225	531	528	24.1	BDL
Teredo sp. Average	Mangrove worm			351	77.1	4.4	0.7	16.4	229	117	153	55.0	ND
Scylla serrata	Mud Crab			ND	72.7	22.4	0.4	ND	250	330	80	3.9	210

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993,
Tables of Composition of Australian Aboriginal Foods. Aboriginal Studies Press, Canberra.

Shellfish, Mud Whelk, Crocodile

Proximate constituents per 100g edible portion, raw unless otherwise indicated

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Scylla sp. average	Mud Crab		Flesh	372	76.9	18.0	1.1	1.7	355	220	90	1.6	ND
Scylla sp.	Mud Crab		Fat	739	64.4	5.6	11.6	13.4	1300	1970	880	7.3	ND
Monodonta labio	Shellfish			337	68.8	14.4	2.5	BDL*	510	320	700	31.0	ND
Cassidula angulifera	Shellfish		Flesh, cooked	319	71.8	13.0	1.3	3.1	83	205	836	5.4	ND
Nerita lineata average	Shellfish			456	72.0	17.0	2.6	4.5	534	181	287	10.0	ND
Telescopium telescopium average	Shellfish Marine			464	66.9	16.8	1.2	8.5	851	214	802	20.4	ND
Terebralia sulcata	Shellfish, Mud Whelk, Marine			387	71.9	16.9	0.8	4.4	639	224	179	12.0	ND
Terebralia sp.	Mud Whelk			338	73.5	12.7	0.5	6.5	800	460	430	16.4	66
	Fish average		Fish, cooked	621	66.4	20.0	7.3	0.9	246	269	140	ND	ND
Dugong average	Dugong		Flesh	524	72.3	24.2	3.1	BDL	48	175	4	2.9	ND
Crocody lusporsus	Saltwater Crocodile		Flesh cooked	438	75.5	31.0	2.1	N/A	N/A	N/A	N/A	N/A	N/A

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Insect and Insect Products

Insects and insect products - Moth, Locust, Witchetty Grub, Ant, Lerp Scale, Bush Coconut average, Sugarbag

Inorganic constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Agrotis infusa	Bogong Moth		Abdomen	1805	32.5	21.7	38.8	BDL*	26	317	113	7.0	ND
Agrotis infusa	Bogong Moth		Wings	870	54.5	30.5	6.9	6.0*	27	300	289	16.1	ND
Agrotis infusa average	Bogong Moth		Whole Insect	1188	49.1	24.2	20.6	BDL*	23	354	126	8.7	380
Chortiocetes terminifera	Australian Plague Locust		Whole Insect	501	67.2	25.0	2.0	0.1	101	239	ND	4.0	ND
Cossidae sp. Average	Witchetty Grub		Raw	1027	61.3	16.2	28.6	4.6	12	231	9	3.1	ND
Cossidae sp. Average	Witchetty Grub		Cooked	1318	49.7	14.7	25.1	9.5	28	223	119	14.0	ND
Cystococcus sp. Average	Blackwood Apple, Insect Gall		Gall Lining	570	75.8	5.9	4.8	12.8	32	720	47	2.8	19
Melophorus sp. Average	Honeypot Ant		Whole Insect	ND	32.5	1.5	0.90	ND	14	120	5	2.4	ND
Oecophylla smaragdina average	Green Tree Ant		Whole Insect	846	65.3	11.0	7.3	21.1	141	620	117	13.9	ND
Psylla eucalypti	Lerp Scale		Fresh Scale	1324	10.6	0.5	0.1	82.0	56	32	BDL	7.1	ND
Psylla eucalypti	Lerp Scale		Old Scale from ground	1432	1.9	6.1	0.7	81.4	1	65	131	7.0	ND
Psylla eucalypti	Lerp Scale			1332	14.2	1.9	0.6	80.0	49	139	63	7.1	ND
	Bush Coconut average		Gall	636	59.1	6.4	0.5	35.2	34	753	97	ND	ND
	Snail			ND	ND	48.9	ND	ND	649	504	180	ND	ND
	Sugarbag Wild Honey			1435	6.8	10.8	3.5	70.1	5	222	56	31.0	ND
	Sugarbag		Honey & Larvae	ND	13.2	5.8	7.7	ND	19	180	62	46.0	ND

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Fruits

Fruits Gum, Lillypilly, White Aspen, Wild Ginger, native Cardamon, Grape, Mistletoe, Cashew Fruit, Cherry

Proximate constituents per 100g edible portion, raw unless otherwise indicated

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Acmena hemilampra	Cassowary Gum		Fruit	ND	75.9	1.6	0.5	ND	12	139	30	1.5	ND
Acmena smithii average	Lillypilly		Fruit	89	93.4	0.3	0.1	5.0	22	35	8	0.1	ND
Syzygium australis	Scrub Cherry, Greek Lillypilly		Fruit	178	89.1	0.8	0.2	9.8*	14	60	40	1.5	ND
Acronychia acronychioides	White Aspen		Fruit	ND	62.0	0.5	2.8	ND	40	455	12	2.6	24
Acronychia crassipetala	Crater Aspen		Fruit	ND	77.8	1.3	1.1	ND	30	200	60	0.4	20
Alpinia caerulea average	Wild Ginger		Fruit	1162	64.9	2.2	2.5	57.6	3	250	120	0.2	63
Costa sp.	Green Ginger		Fruit	696	55.6	3.8	0.8	37.6	25	617	97	ND	ND
Hornnstedtia sp.	Red Ginger, native Cardamon		Green Pod	912	42.0	4.0	0.7	51.1	18	243	47	ND	ND
Cissus hypoglauca	Native Grape		Fruit	243	83.7	0.4	0.9	12.7*	12	268	100	3.4	ND
Wild Grape average			Fruit	213	84.7	0.8	0.1	12.2	16	225	95	0.5	37
Amyema sp.	Mistletoe		Fruit	ND	74.3	2.2	3.6	Nd	2	250	14	0.3	ND
Anacardium occidentale	Cashew Fruit		Fruit	213	84.7	0.8	0.1	12.2	18	43	32	1.0	ND
	Cashew Fruit Average		Fruit	226	86.9	1.2	0.6	11.4	39	44	13	ND	ND
Antidesma bunis	Wild Cherry		Fruit	281	81.7	0.7	0	16.8	29	137	29	ND	ND
Eugenia reinwardtiana	Cedar Bay Cherry		Fruit	309	70.8	1.9	0.3	16.6	14	350	50	1.1	ND
Exocarpus latifolius	Native Cherry		Fruit	286	71.1	2.4	0.4	14.4	66	490	23	1.4	ND

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Fruits Current Tree, Asian Breadfruit

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Rhyncharrhena linearis	Native Cherry		Fruit	191	85.8	1.1	0.5	9.7	2	192	21	0.4	ND
Syzygium paniculatum	Brush Cherry, Scrub Cherry		Fruit	89	93.4	0.3	0.1	5.0	3	18	4	0.1	ND
Antidisma ghaesembilla average	Currant Tree		Fruit	450	71.9	1.4	0.8	26.7 (T)	42	469	35	2.5	44
Canthium latifolium	Currant Bush		Fruit	834	41.6	2.8	0.1	48.9	6	420	61	11.2	ND
Artocarpus altilis, mix	Asian Breadfruit		Fruit	506	74.4	0.9	0.3	30.0*	21	161	19	0.4	ND
Austromyrtus dulcis	Midjin		Fruit	386	75.8	0.9	0.3	22.5*	70	140	50	5.1	ND
Billardiera scandens	Apple-berry		Fruit	319	66.7	1.1	2.2	13.7*	22	469	11	7.7	ND
Buchanania abovata average	Green Plum		Fruit	318	77.8	1.5	0.5	21.1 (T)	6	299	67	1.7	ND
Davidsonia pruriens average	Davidson Plum		Fruit	72	90.6	0.4	0.9	8.7 (T)	2	150	12.1	1.2	ND
Manilkara kauki average	Wongi Plum		Fruit	642	58.9	1.2	1.9	34.8	113	472	119	1.4	35
Parinari nonda average	Nonda Plum		Fruit & Juice	222	78.3	1.0	0.9	20.0 (T)	290	383	91	1.5	12
Planchonella australis average	Black Apple, Wild Plum		Fruit	213	74.7	2.2	0.5	19.0 (T)	5	252	34	1.0	ND
Planchonella pohlmaniana	Wild Plum		Fruit	314	67.6	0.7	0.2	18.4	3	617	14	ND	ND
Pleiogynium timorense average	Burdekin Plum		Fruit	298	72.7	1.3	1.3	25.0 (T)	47	458	241	0.9	ND
Santalum lanceolatum average	Bush Plum		Fruit	636	63.2	3.3	4.4	25.7 (T)	6	800	41	1.9	91

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993,
Tables of Composition of Australian Aboriginal Foods. Aboriginal Studies Press, Canberra.

Lawyer Vine, Awalyuru, Orange, Finger Lime, Native Caper, Conkerberry, Berry

Proximate constituents per 100g edible portion, raw unless otherwise indicated

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Terminalia ferdinandiana average	Billy Goat Plum		Fruit	247	76.2	0.8	0.5	17.2(T)	13	261	62	2.4	24
Ximenia Americana	Yellow Plum		Fruit	210	78.6	2.7	0.9	8.2	14	570	4	0.7	ND
	Bush Plum		Fruit	331	77.6	1.5	1.0	16.8*	9	223	79	ND	ND
Calamus moti average	Lawyer Vine		Fruit	447	70.3	1.6	0.1	26.0	26	349	72	ND	ND
Canthium lineare	Awalyuru		Fruit	1195	23.8	5.4	0.4	68	23	591	85	ND	ND
Capparis mitchellii average	Wild Orange		Fruit	500	63.1	5.8	1.3	27.9 (T)	7	424	46	0.7	ND
Microcitrus australasica var.australis	Finger Lime		Fruit	411	65.5	2.5	4.9	11.7*	9	290	50	0.8	ND
Microcitrus australasica var. sanguinus	Finger Lime		Fruit	ND	76.7	ND	1.7	8.7*	3	200	40	0.6	ND
Microcitrus australis	Finger Lime		Fruit	277	74.8	2.2	BDL	15.0	4	270	46	0.5	ND
Bush Citrus			Fruit	119	87.9	1.3	0.4	5.1	1	176	49	0.2	ND
Capparis spinosa	Native Caper		Fruit	379	79.6	4.6	3.6	10.5*	18	383	28	0.9	ND
Capparis spinosa var. nummularia average	Native Caper		Fruit	486	73.1	3.0	3.2	25.8	17	875	68	2.0	170
Capparis umbonata	Native Caper		Fruit	619	51.5	8.8	1.8	25.2	1	580	75	0.8	ND
Carissa lanceolata average	Conkerberry		Fruit	545	65.5	2.4	2.3	30.6 (T)	8	328	55	2.8	ND
Grewia breviflora	Emu Berry		Fruit	839	44.3	3.0	0.2	48.8	34	626	704	ND	ND
Grewia latifolia	Emu Berry		Fruit	ND	59.8	1.0	ND	34.6	6	380	120	1.22	53

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Grewia multiflora average	Emu Berry		Fruit	458	61.0	1.5	0.1	30.6 (T)	29	145	212	17.9	36
Grewia retusifolia average	Emu Berry		Fruit	799	33.1	3.8	0.8	52.7 (T)	27	883	411	5.9	120
Physalis minima average	Native Gooseberry		Fruit	264	84.2	3.2	0.3	14.0	5	109	40	4.2	120
Rubus rosifolius average	Wild Raspberry		Fruit	ND	82.9	1.3	0.3	ND	BDL	408	50	BDL	32
Sambucus australasica	Yellow Elderberry		Fruit	380	81.7	2.3	2.3	16.0*	13	330	70	6.0	ND
	Blackberry		Fruit	ND	69.7	1.4	ND	28.0	23	156	44	ND	ND
	Blackberry		Fruit	345	78.8	0.9	0.7	19.0	32	81	13	ND	ND
Cassytha sp	Dodder Laurel		Fruit	ND	86.9	ND	ND	ND	ND	ND	ND	ND	ND
Carpobrotus modestus average	Pigface		Fruit	213	75.2	2.4	0.9	19.8 (T)	231	207	173	2.7	ND
Cucumis. Melo ssp. Agrestis average	Native Cucumber		Fruit	149	87.0	1.7	1.2	9.0 (T)	14	389	30	1.3	ND
Dendrocnide excelsa average	Stinging Tree		Fruit	ND	71.9	2.3	5.2	ND	8	636	400	1.4	46
Dendrocnide photinophylla	Shiny-Leaf Stinging Tree		Fruit	114	92.0	1.4	0.4	4.7	14	614	42	ND	ND
Diospyrus sp.	Jurdal		Fruit	669	57.4	1.4	0.8	38.5	33	322	81	ND	ND
Diploglottis campbellii	Tamarind		Fruit	34	91.1	1.0	0.1	0.8*	5	220	10	0.2	ND
Tamarindus indica average	Tamarind		Fruit	ND	19.3	5.6	1.9	ND	30	630	120	1.1	89
Eleocarpus grandis average	Blue Quondong		Fruit	351	72.0	1.3	0.6	19.9	14	1055	40	1.3	78

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Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Eleocharis dulcis average	Water Chestnut		Chestnut	1407	9.8	5.9	0.7	81.4	2276	460	77	ND	ND
Enchylaena tomentosa	Ruby Saltbush		Fruit	ND	65.1	5.7	0.4	ND	210	420	80	3.8	ND
Eugenia wilsonii	Dabugay		Fruit	197	88.3	0.4	0.9	9.8	17	197	66	ND	ND
Eupomatia laurina average	Native Guava		Fruit	345	82.1	1.0	3.9	15.0 (T)	17	426	56	0.7	28
Ficus coronata	Sandpaper Fig		Fruit	ND	67.5	0.4	ND	ND	16	704	115	ND	ND
Ficus opposita	Sandpaper Fig		Fruit	548	72.1	4.0	0.8	29.1	74	989	177	0.1	35
Ficus platypoda average	Wild Fig		Fruit	569	66.3	3.0	2.1	36.3 (T)	56	532	120	2.7	23
	Wild Fig		Fruit	707	55.5	1.8	1.2	39.5	25	336	69	ND	ND
Ficus racemosa average	Cluster Fig		Fruit	351	81.9	1.3	0.6	20.0	23	508	72	1.3	47
Ficus watkinsiana average	Fig		Fruit	380	71.0	0.7	1.5	31.3 (T)	890	913	228	0.8	ND
Fluggea virosa average	Ragah		Fruit	476	75.9	1.4	2.5	25.8 (T)	14	228	77	8.9	40
Hibiscus heterophyllus	Native Rosella		Carpels	ND	86.7	1.4	0.3	ND	4	150	94	1.8	ND
Leichhardtia australis average	Bush Banana		Green Pod	310	76.8	4.2	0.8	15.9 (T)	13	398	26	1.6	31
Musa acuminata	Native Banana		Fruit	ND	75.7	1.7	0.8	ND	3	290	30	0.9	ND
Linospadix monostachyus	Walking Stick Palm		Fruit	115	90.5	0.3	0.3	6.2	5	90	20	0.3	ND
Nypa fruiticans	Nypa Palm		Fruit	ND	88.9	1.6	0.1	ND	63	980	37	0.4	ND

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Fruits

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Mimusops elengi average	Tanjong Tree		Fruit	825	46.6	2.9	BDL	49.0	172	499	139	ND	ND
Morinda citrifolia average	Great Morinda Cheese Fruit		Fruit	160	86.1	0.8	0.3	12.4 (T)	30	176	23	1.1	ND
Nauclea orientalis average	Leichhardt Tree		Fruit	ND	77.3	0.8	1.0	ND	6	363	105	0.6	47
Opuntia stricta	Prickly Pear		Fruit	ND	82.9	0.8	0.1	ND	70	320	230	0.4	15
Pandanus sp	Pandanus		Fruit	1230	14.4	1.1	0.9	73.7	168	482	172	1.5	ND
Passiflora foetida average	Bush Passionfruit		Fruit	421	64.2	4.9	2.7	24.7 (T)	2	491	10	8.4	ND
Persoonia falcate average	Geebung		Fruit	231	66.2	3.2	2.3	26.4 (T)	47	505	48	3.6	ND
Persoonia pinifolia average	Geebung		Fruit	48	70.0	0.8	1.3	28.5 (T)	150	280	24	1.4	ND
Planehonia careya average	Cocky Apple		Fruit	284	77.1	2.7	1.3	19.9 (T)	15	389	27	1.2	ND
Syzygium eucalyptoides ssp. Bleeseri	Love Apple		Fruit	123	88.6	0.1	0.5	6.4	52	110	30	1.1	ND
Syzygium eucalyptoides ssp. Eucalypoides average	Bush Apple		Fruit	146	87.7	0.6	0.4	9.4	70	90	30	1.5	8
Syzygium suborbiculare average	Bush Apple		Fruit	146	89.3	0.6	0.5	10.9 (T)	48	85	67	1.2	ND

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993,
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Fruits

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Zizyphus mauritiana	Indian Jujube, Chinese Apple		Fruit	ND	77.0	0.8	2.4	ND	8	489	30	0.4	38
	Wild Apple, Apple Fruit		Fruit	609	62.6	1.7	1.2	33.5	154	325	49	ND	ND
Syzygium sp.	Onion Wood		Fruit	ND	81.7	0.9	0.2	ND	3	86	56	0.6	ND
Podocarpus elatus	Brown Pine, She Pine		Fruit	347	87.3	0.2	0.2	21.0*	5	100	19	0.3	ND
Pouteria sericea	Mongo		Fruit	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
Rosa cania	Rose Hips		Fruit	ND	39.7	2.9	0.6	ND	6	746	188	3.3	80
Santalum acuminatum average	Quandong		Fruit	335	68.5	2.3	0.2	21.0 (T)	62	703	53	1.2	ND
Solanum centrale average Fresh Fruit	Bush Raisin		Fruit	570	61.9	3.8	0.6	31.9 (T)	52	448	40	2.9	ND
Solanum centrale average dried fruit	Bush Raisin		Fruit	1174	12.5	8.5	3.8	67.3 (T)	95	1918	90	11.0	140
Sosanum chippendalei average	Bush Tomato		Fruit	384	75.1	1.6	0.6	21	56	588	86	1.8	ND
Solanum sp.	Bush Tomato		Fruit	ND	81.1	1.1	ND	ND	22	462	85	ND	ND
Syzygium johnsonii	Johnson Satin Ash			ND	89.9	0.5	1.1	ND	26	98	35	0.4	ND
Syzygium luehmannii	Small-Leafed Watergum, Cherry Satin-Ash		Fruit	325	82.0	0.9	0.4	18.4*	11	250	100	0.9	ND

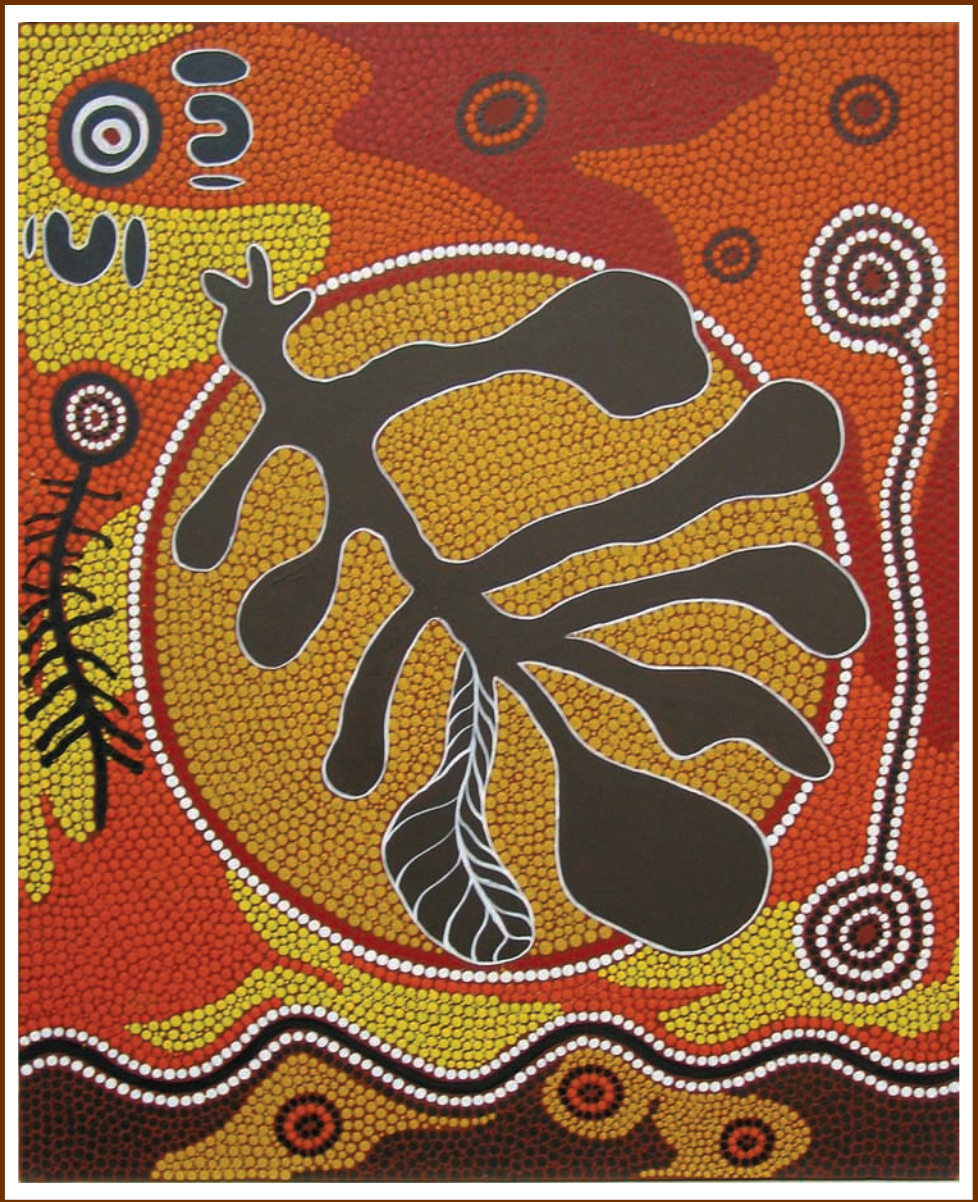
Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Fruits

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Solanum ellipticum	Bush Potato		Fruit	202	86.0	2.6	1.8	5.7	ND	355	35	0.4	20
Terminalia grandiflora	Nut Tree		Fruit	133	61.5	1.1	0.2	6.7*	2	303	15	8.1	ND
Uvaria sp.	Custard Finger		Fruit	397	75.3	2.3	0.5	21.2	2	203	37	1.0	ND
Vigna lanceolata	Malaga Bean		Fruit	336	78.3	2.4	0.1	18.2	ND	ND	ND	ND	ND
	Bija		Fruit	780	50.5	2.5	0.2	45.6	30	431	63	ND	ND
	Crow Fruit		Fruit	ND	80.3	0.2	ND	ND	43	505	123	ND	ND
	Djinpu		Fruit	909	48.3	5.8	4.3	40.7	14	248	25	ND	ND
	Durriaman		Fruit	554	65.7	5.5	0.8	26.9	12	399	43	ND	ND
	Galay		Fruit	348	77.4	1.2	0.2	20.0	38	287	78	ND	ND
	Jaraminy		Fruit	361	76.4	0.7	0.3	21.1	21	565	123	ND	ND
	Kawai		Fruit	688	57.2	1.6	1.0	39.0	190	197	47	ND	ND
	Manyiku		Fruit	ND	71.4	25	0.6	ND	3	275	72	1.8	45
	Silky Pear, Barrkan		Fruit	343	78.3	3.5	0.4	16.8	8	388	49	ND	ND

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993,
Tables of Composition of Australian Aboriginal Foods. Aboriginal Studies Press, Canberra.



Vegetables

Vegetables

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Acacia aneura average	Mulga		Seed	1593	5.2	25.4	7.6	55.0	64	912	183	14.1	ND
Acacia coriacea	Dogwood, Wiry Wattle, Blackheart Tree		Seed, fresh, green	627	56.8	23.7	3.3	6.4	3	362	137	3.2	ND
Acacia coriacea average	Dogwood		Seed, De-husked & milled	1507	8.4	23.1	8.4	49.4 (T)	35	564	157	7.7	ND
Acacia estrophiolata	Ironwood		Seed	1493	10.1	28.9	3.5	54.5	126	104	109	ND	ND
Acacia farnesiana	Prickly Moses		Seed	1522	8.1	36.6	3.0	49.3	35	850	190	6.0	ND
Acacia kempeana	Witchetty Bush		Seed	1225	4.5	24.0	10.2	27.5	10	870	213	3.8	ND
Acacia ligulata average	Umbrella Bush		Seed	1480	4.3	24.0	9.1	57.7 (T)	42	762	194	6.8	ND
Acacia murrayana average	Colony Wattle		Seed	1435	8.1	20.1	5.2	63.7 (T)	37	705	141	6.6	ND
Acacia pachycarpa	Desert Acacia		Seed	1580	7.1	22.2	8.3	56.0	39	856	176	ND	ND
Acacia tetragonophylla	Dead finish		Seed	1931	5.4	17.5	20.4	54.9	8	850	400	28.1	ND
Acacia victoriae average	Gundabluey		Seed	1384	6.9	17.5	3.2	67.5 (T)	33	766	243	10.4	ND
Brachiaria milliformis	Summer Grass		Seed	1501	9.0	9.1	7.3	67.3	31	190	56	ND	ND
Brachychiton diversifilius average	Northern Kurrajong		Seed	249	76.5	2.1	2.2	2.9	2	120	260	2.3	ND
Brachychiton paradoxum average	Red-Flowered Kurrajong		Seed	1514	10.4	17.6	5.0	42.7	98	1388	125	10.7	490
Brachychiton populineum	Kurrajong		Seed	1455	5.6	18.1	24.7	14.6	8	567	110	2.1	ND

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Vegetables

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Calandrinia balonensis	Parakeelya		Seed	1769	5.5	14.7	17.1	55.4	23	86	86	ND	ND
Dysphania kalpari average	Rats Tails		Seed	1672	7.8	15.2	2.3	70.6	8	340	263	ND	ND
Eragrostis eriopoda average	Woolybutt Grass		Seed	1331	8.5	16.2	1.6	65.3 (T)	22	186	118	31.0	ND
Eucalpytus gamophylla	Blue Mallee		Seed	1776	7.7	25.9	19.5	38.4	35	81	505	ND	ND
Eucalyptus intertexta	Bastard Coolibah		Seed	1815	6.7	22.4	24.1	33.9	11	292	73	ND	ND
Eucalyptus normantonensis	Normanton Box		Seed	1801	7.5	24.2	21.1	38.1	18	117	53	ND	ND
Fimbristylis oxystachya average	Fringe Rush		Seed	1108	11.4	11.0	19.2	42.9	45	173	39	ND	ND
Gahnia aspera.	Saw Sedge		Seed	600	7.4	2.0	6.4	20.6	87	4525	86	ND	ND
Gahnia sp.	Saw Sedge		Seed	ND	7.5	3.5	2.9	84.1	BDL	50	30	15.2	20
Grevillea pteridifolia	Golden Grevillea		Seed	1246	7.5	21.7	14.7	19.9	164	286	374	4.5	ND
Lepidozamia peroffskyana	Burrawang		Seeds, Dried, leached, roasted and then milled	ND	3.1	9.3	ND	ND	7	8	62	7.0	ND
Nelumbo nucifera average	Lotus		Seed	545	38.8	8.8	2.7	47.0 (T)	7	440	17	8.0	ND
Nymphaea giantea average	Water Lily		Seed	ND	57.4	3.4	0.1	35.7 (T)	40	591	27	1.8	81
Nymphaea sp.	Water Lily		Seed	330	75.5	1.3	0.5	18.1	232	88	0	0.2	ND
Omphalea queenslandiae	Tambor		Seed	1991	28.5	11.5	41.7	0.8	6	740	17	2.1	ND
Panicum australiense average	Native Millet		Seed	1504	5.2	13.3	3.5	71.9	27	98	22	ND	ND

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Vegetables

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Panicum decompositum average	Native Millet		Seed	1437	9.2	12.7	4.6	65.5	64	187	63	ND	ND
Pittosporum phylliraeoides	Willow Butterbrush		Seed	1602	8.6	9.7	9.0	69.0	56	39	131	ND	ND
Poinciana pulcherrima	Bird of Paradise		Seed	ND	ND	6.5	1.4	ND	46	87	BDL	ND	ND
Portulaca oleracea average	Inland Pigweed		Seed	1405	9.1	19.5	14.1	49.6 (T)	70	138	296	ND	ND
	Kapok		Seed	114	ND	6.7	ND	ND	16	20	BDL	ND	ND
	Patuta		Seed	1470	11.2	26.8	6.4	48.6	84	221	88	ND	ND
	Rub-on-Breast		Seed	ND	ND	ND	ND	ND	54	1356	322	ND	ND
Eragrostis eriopoda	Woolybutt Grass		Seed Paste	536	58.9	7.0	1.7	22.1	13	135	110	45.0	ND
Grevillea pteridifolia	Golden Grevillea		Seed Wings	1728	6.2	23.5	25.2	23.2	850	315	105	67.8	ND
Nymphaea macrosperma average	Water Lily		Seed Pod	479	54.2	2.9	0.5	31.2 (T)	61	297	83	2.5	ND
	Damper 'numa'		Damper	889	25.7	13.3	1.8	37.3	46	175	25	ND	ND
Adansonia gregorii average	Boab		Seed embedded in pulp	1492	9.2	13.9	6.1	67.1	21	1476	184	2.0	396
Adansonia gregorii average	Boab		Pulp (=pith)	519	61.8	4.6	1.9	29.2	54	1088	127	1.4	ND
Calvatia sp.	Puff Balls		Fungus	ND	91.2	4.2	0.4	2.6	8	250	3	15.0	110
Lycoperdon & Calvatia ssp.	Puff Balls		Fungus	ND	86.9	6.2	0.4	ND	BDL	280	BDL	5.0	140
Aleurites moluffana average	Candle Nut		Kernel treated & cooked	2836	1.4	20.6	61.9	10.7	5	575	158	22.6	860

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993,
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Vegetables

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Araucaria bidwillii	Bunya Nut		Kernel	856	43.9	11.0	1.0	39.6	5	229	7	2.1	ND
Beilschmiedia bancrofti	Yellow Walnut		Kernel	1005	37.1	7.5	0.2	54.4	55	218	32	ND	ND
Brachychiton australis	Kurrajong		Nut	ND	9.8	20.4	264	43.5	10	1010	210	7.5	630
Hicksbeachia pinnatifolia average	Monkey Nut		Nut	666	61.0	3.8	2.8	31.4 (T)	7	234	146	2.3	ND
Lepidozamia hopei	Wild Flour		Nut	834	46.4	8.7	0.5	41.7	ND	1	60	ND	ND
Macrozamia communis	Cycad		Nut	362	57.2	7.3	0.2	14.4	5	291	4	5.6	ND
Pandanus spiralis average	Pandanus		Kernel	2403	3.0	25.9	46.8	23.3 (T)	344	267	62	6.6	ND
Podocarpus amarus	Black Pine		Nut	187	52.2	2.7	1.7	40.9	29	748	178	ND	ND
Santalum acuminatum average	Quandong		Kernel	2920	2.4	16.0	63.1	18.1 (T)	65	388	99	10.6	ND
Sterculia quadrifida average	Peanut Tree		Nut	1249	40.7	12.3	16.4	31.1 (T)	22	477	128	2.6	31
Stylobasium spatulatum average	Nutbush		Nut	515	1.3	12.3	2.6	80.4	326	613	55	ND	ND
Terminalis catappa	Indian Almond		Nut	2987	4.2	20.0	55.8	ND	18	1140	200	6.3	1130
	Balkbalk		Nut	663	24.3	18.6	7.4	40.6	100	1386	135	ND	ND
	Sandalwood Nut		Nut	2841	3.5	15.3	62.5	16.8	73	611	86	ND	ND
	Shooting Coconut, Musa		Kernel	ND	87.1	0.7	3.4	6.6	166	558	70	ND	ND
Calandrina balonensis	Parakeelya		Leaves	84	93.0	1.2	0.2	3.5	ND	798	21	0.3	4
Carpobrotus modestus	Pigface		Leaves	52	91.0	0.4	0.1	2.6	382	175	272	0.7	ND

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Vegetables

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Heteropogon triticeus	Spear Grass		Leaves	57	90.0	0.5	0.1	2.8	1	220	7	0.1	ND
Leichhardtia australis average	Bush Banana		Leaves	504	65.2	3.3	2.0	28.5 (T)	5	158	16	5.6	ND
Tetragonia tetragonoides	New Zealand Spinach		Leaves	61	90.9	1.7	0.3	1.3	590	180	38	2.6	ND
Thespesia populnea	Pacific Rosewood		Leaves	598	64.3	3.9	1.1	30.8	20	590	1110	4.1	56
	Munyan Leaves		Leaves	ND	ND	6.1	ND	ND	123	1528	333	ND	ND
	Munyan Leaves		Leaves	ND	ND	3.8	ND	ND	29	103	29	ND	ND
Pteridium esculentum	Bracken Fern		Frond Tip	205	80.9	6.4	1.0	3.7	3	255	21	0.8	ND
Calamus sp.	Wait-a-while		Bud	ND	88.6	2.2	0.9	ND	8	30	90	0.7	46
Cochlospermum fraseri	Kapok Tree		Flower	243	86.7	1.4	0.8	11.8	1	30	40	4.8	3
Eremophila latrobei	Poverty Bush		Flower	377	77.4	2.0	1.5	ND	5	570	178	5.5	ND
Grevillea pteridifolia	Silky Oak		Flower	602	70.5	1.9	0.20	ND	10	190	48	1.4	ND
Livistona australis average	Cabbage Tree Palm		Bud & Heart	69	85.7	2.2	0.5	7.6 (T)	6	470	20	0.6	ND
Nymphaea violacea average	Water Lily			479	60.8	4.7	0.5	32.5	352	87	ND	0.5	ND

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993,
Tables of Composition of Australian Aboriginal Foods. Aboriginal Studies Press, Canberra.

Vegetables

Proximate constituents per 100g edible portion raw, unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Arthropodium milleflorum average	Vanilla Lily		Root	124	87.1	1.4	0.1	6.0	28	119	20	7.8	ND
Bowenia serrulata	Byfield Fern		Root	ND	72.7	4.1	0.5	ND	90	180	120	0.9	19
Bowenia spectablilis average	Zamia Fern		Root	404	69.0	1.6	0.2	23.2	24	251	94	3.0	ND
Chiloglottis trapeziformis	Dainty-Bird Orchid		Root	78	91.0	0.9	0.1	3.7	12	94	27	2.7	ND
Colocasia esculenta	Taro		Root	1231	7.5	19.5	2.9	49.5	95	3741	963	74.9	ND
Curculigo ensifolia average	Grass Potato		Root	300	64.7	2.2	0.3	16.5	205	244	261	50	ND
Geranium sp.	Australian Cranesbill		Taproot	99	80.8	0.7	0.2	5.0	18	220	433	ND	ND
Ipomoea sp. aff. Gracilis	Mauve Convolvulus		Root	ND	ND	1.4	ND	ND	86	113	ND	ND	ND
Microseris scapigera average	Yam Daisy		Root	249	75.6	1.7	0.8	21.0 (T)	20	199	25	5.0	ND
Stemodia sp. average	Sweet Panja		Root raw & boiled	1756	32.9	4.8	1.5	55.3	63	265	63	ND	ND
Trachymene incise	Wild Parsnip		Root	100	86.2	2.0	0.2	4.8	60	190	70	4.1	ND
Triglochin procera average	Water Ribbon		Root	297	79.1	1.4	0.1	17.4 (T)	150	191	8	136	ND
Vigna lanceolata average	Pencil Yam		Root	295	78.6	2.3	0.2	21.4 (T)	8	378	155	15.4	37
Bulbine bulbosa average	Wild Onion		Bulb	251	80.4	2.1	0.3	12.9					

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Vegetables

Proximate constituents per 100g edible portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Cyperus bulbosus average	Native Onion		Bulb raw & cooked	883	42.8	3.4	0.9	56.3(T)	45	498	19	3.4	ND
Cyperus rotundus average	Wild Onion		Bulb raw & cooked	750	53.3	1.9	0.5	44.4	38	440	14	5.8	56
Cyperus sp. Average	Bush Onion		Bulb	630	60.5	2.2	0.4	63.5	195	470	57	ND	ND
Nymphaea gigantea average	Water Lily		Bulb	563	55.3	2.1	0.3	32.1	40	310	40	22.2	190
Tacca leontope-taloides	Polynesian Arrowroot		Bulb	800	46.6	0.1	BDL	9.6	10	20	30	1.9	4
	Bush Onion		Bulb	1060	31.2	1.7	0.4	63.5	195	470	57	ND	ND
Blechum indicum	Bungwall Fern		Tuber	1376	7.2	3.9	0.2	81.4	409	224	64	ND	ND
Curcuma australasica	Native Ginger		Tuber	271	80.6	1.0	0.3	15.2	13	130	30	2.1	ND
Dioscorea alata average	Yam		Tuber	323	72.4	1.4	0.2	25.2 (T)	9	256	15	0.8	ND
Dioscorea bulbifera average	Cheeky Yam		Tuber	357	70.8	2.7	0.2	25.8 (T)	6	236	19	3.1	35
Dioscorea sp.	Yam		Tuber	701	53.4	5.1	0.6	37.0	9	225	9	3.9	ND
Dioscorea bulbifera var. elongate average	Yam		Tuber	455	72.5	2.3	0.4	24.6 (T)	8	550	10	1.1	ND
Dioscorea transversa average	Long Yam		Tuber	404	68.3	2.6	0.4	26.2 (T)	59	348	63	5.2	35
Eleocharis dulcis average	Spike Rush		Tuber	635	50.8	3.7	0.6	41.4 (T)	16	243	27	95.0	ND
Eustrephus latifolius	Wombat Berry		Tuber	ND	89.2	1.8	0.3	ND	47	160	15	15.9	ND
Castrodia sesamoides	Potato Orchid, Cinnamon Bells		Tuber	331	77.2	2.1	0.2	18.0	9	140	4	1.5	ND

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Vegetables

Proximate constituents per 100g edible Portion, raw unless otherwise indicated.

Taxonomic Name	Common Name	Local Name	Part	Energy kj	Water g	Protein g	Fat g	Carbs g	Na mg	K mg	Ca mg	Fe mg	P mg
Ipomoea costata average	Bush Potato		Tuber	408	72.5	1.3	0.3	26.9 (T)	44	422	81	18.5	14
Ipomoea graminea average	Bush Potato		Tuber, raw & cooked	567	67.1	2.4	0.4	26.3 (T)	49	378	58	2.0	11000
Ipomoea sp. Average	Yam		Tuber	311	79.8	1.3	0.2	17.9	41	431	114	ND	ND
Microstemma tuberosum average	Flat Swamp Potato		Tuber	120	87.9	0.6	0.2	10.4 (T)	24	235	57	4.9	5
Phaseolus adenanthus	Potato Bean		Tuber	ND	28.3	6.0	ND	ND	972	1028	118	ND	ND
Tacca leontopetaloides average	Polynesian Arrowroot		Tuber	512	71.3	2.3	1.5	28.4 (T)	33	424	55	1.4	ND
	Bush Potato		Tuber	220	80.9	1.7	0.2	11.5	314	148	ND	1.2	ND
	Yam		Tuber	ND	ND	3.4	ND	ND	28	254	41	ND	ND
	Yulpin		Tuber	466	69.8	2.9	0.1	25.8	95	133	44	ND	ND
Castanospermum australe average	Black Bean		Bean	824	51.4	4.0	1.7	43.2	74	670	101	6.1	ND
	Wild Bean		Bean	355	78.0	4.3	1	15.3	23	298	65	ND	ND
Cycas armstrongii average	Cycad		Food	722	29.3	5.8	0.4	38.6	5	66	21	4.6	ND
Cycas media average	Cycad		Food	511	67.7	5.1	1.1	24.9	20	919	61	ND	ND
Cycas argulata average	Cycad		Food	1186	7.6	7.5	0.3	65.7	6	98	35	15.4	ND
Portulaca oleracea average	Inland Pigweed		Whole Plant	181	87.0	4.0	0.3	6.4 (T)	1	825	105	2.5	24
Cocos nucifera	Coconut		Flesh	119	80.9	1.1	2.7	BDL	38	144	10	0.2	ND
Cocos nucifera average	Coconut		Milk	1004	84.9	3.7	ND	58.8	10	100	BDL	1.3	28
Typha domingensis	Bullrush		Pollen	1657	9.0	11.3	0.8	89.8	50	1130	160	21.3	290
Lysiphyllum carronii	Bauhinia		Nectar	1752	6.1	14.8	13.1	63.5	10	610	212	3.2	ND

Source: Miller, J.B., James, J.K. & Maggiore, P.M.A. 1993, *Tables of Composition of Australian Aboriginal Foods.* Aboriginal Studies Press, Canberra.

Notes

Index

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