



Nalderun Education Aboriginal Corporation Curriculum Resource

Resource Title	Nutritional Value of Foods
Aboriginal Protocols	
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Ways of Assessing	
First Nations Education Academics that back your reasons	
Any other info / comments	

BIDJIGAL (QUANDONG)

The Quandong contains twice the Vitamin C of an orange. It is a wonderful source of Vitamin E, folate, magnesium and calcium. It is a valuable vegetarian/vegan source of iron and zinc. It functions as a rich source of phenolic-based antioxidants which boost the immune system, reduce inflammation and protect against a number of diseases including cancer, cardiovascular disease and Alzheimer's disease. Its kernel contains a range of complex oils and is recognised for its antibacterial and anti-inflammatory qualities. It contains Rutin, a strong antioxidant that can reduce the proliferation of free radicals. Rutin works with Vitamin C to strengthen capillaries, reduce dark circles under the eyes and strengthen the skin from the effects of aging.

WANDUIN (LILLY PILLY or RIBERRY)

The Riberry has three times the folate of a blueberry. Folate is needed for healthy growth and development and is essential for the healthy development of a baby during pregnancy. It is rich in manganese and an important plant source of calcium. It contains high levels of anthocyanin, a potent antioxidant that is thought to improve cognitive function and protect against certain cancers, heart and Alzheimer's diseases.

MAROONG (FINGER LIME)

In the nutrition stakes, the Finger Lime fights well above its size and weight. Bursting with zesty flavour, Finger Limes are rich in folate, potassium and Vitamin E. Each Finger Lime contains three times the Vitamin C found in a mandarine. The level of Vitamin E is exceptionally high in the pink Finger Lime. Vitamin E is one of the most important antioxidants in human cell protection and disease prevention.

LEMON WUMB.

Lemon Myrtle The most concentrated source of Vitamin E, it contains powerful antimicrobial properties superior to those of terpene hydrocarbons. An exceptional, vegan source of calcium, Vitamin A, Vitamin E, folate, Vitamin A, Vitamin E, magnesium. These nutrients are rich in phytochemicals that provide antioxidant protection from oxidative stress, as well as a lipophilic environment. These antioxidants inhibit inflammation. A

WYKALK (

Wattleseed must be considered the most nutritious seed in the world. It is a very rich source of protein and healthy fats. It is grown in Africa to provide protein for livestock. Wattleseed is a low glycaemic food and can be used by people with diabetes. Wattleseed also contains high concentrations of

ANISEED WUMBAI (AINISE MYRTLE)

The Anise Myrtle leaf is one of the highest known sources of the compound anethole which gives it the aniseed flavor and aroma. Anethole is also used as a flavor masking agent, expectorant, sedative and stimulant in cough medicines. Plants containing anethole (such as Anise Myrtle) have traditionally been used to assist with weight loss, lactation and stomach complaints.

Trans-anethole rich herbs have traditionally been used to treat conditions like **anorexia**, belching, hiccupping or reflux and persistent epigastric pain. It is regarded as an antiseptic, bactericide, cancer-preventative, carminative, dermatitogenic, expectorant, fungicide, gastro stimulant and insecticide.

Anecdotally, anethole settles intestinal cramps, colic and flatulence.

MER-RYE (PEPPER BERRY)

Also known as Tasmanian pepper, mountain pepper-berry packs a punch whatever way you look at it. A superfood both in terms of its flavor and its nutrient content, this is an ingredient to take seriously - whether you are using the berries themselves or the equally useful mountain pepper-leaf, which has even higher levels of some nutrients. Known for its anti-inflammatory properties, pepper-berry has been used by many traditional medical practitioners for problems such as arthritis. This activity is thought to be due to the compound "polygodial", which is also thought to have several other beneficial properties including protecting the stomach lining and anti-pain activity as well as being anti-asthmatic. Other compounds in mountain pepper-berry and leaf are thought to help slow absorption of glucose from the stomach (potentially beneficial for people prone to diabetes) and possibly to help prevent the types of mutation of genetic material that can lead to cancer.

OORAY (DAVIDSON PLUM)

The Davidson Plum is an excellent role in every single heartbeat. It our kidneys filter out toxins. It nutrients required for glowing, y source of calcium. It is an antiox anthocyanin, which is thought against certain cancers and heart than an avocado (thought to be carotenoid vitamin that plays symptoms in atrophic age-re inflammation. Age-related maculo loss in aging Western societie antidiabetic effects and a cap

BONYAH (BUNYA NUT)

The nutritional content of th carbohydrates, 9% protein, 2% fa also gluten free, making bunya n

BOOMERA (MACADAMIA NUT)

Macadamia nuts have sweet taste and are rich source of energy. 100 g of nuts provide about 718 calorie/100 g, which is one of the highest calorific values among nuts. These nuts are packed with numerous health-benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimum health and wellness. 100 g of macadamia provides 8.6 g or 23% of daily-recommended levels of **dietary fiber**. Additionally, they are a very good source of phytosterols such as β -sitosterol. However, the nuts carry no cholesterol. Since macadamia is free from *gluten*, it is one of the popular ingredients in the preparation of gluten-free food formulas. Such formula preparations are a healthy alternative in patients with wheat gluten allergy and *celiac disease*.

The nuts are rich source of mono-unsaturated fatty (MUF) like oleic acid (18:1) and palmitoleic acids (16:1). Studies suggest that MUF fats in the diet help lower total as well as LDL (bad) cholesterol and increase HDL (good) cholesterol levels in the blood. The Mediterranean diet, which is rich in fiber, MUF fats and antioxidants work favorably in maintaining healthy blood lipid profile and thus offer protection from coronary artery disease and strokes.

Macadamias are an excellent source of minerals such as calcium, iron, magnesium, manganese and zinc. 100 g nuts provide 3.6 μg of **selenium**. Selenium is a cardio-protective micro-mineral and an important anti-oxidant cofactor for *glutathione peroxidase* enzyme. Furthermore, the nuts are also rich in many important B-complex vitamins that are vital for metabolic functions. 100 g of nuts provide 15% of niacin, 21% of pyridoxine (vitamin B-6), 100% of thiamin, and 12% of riboflavin. They contain small amounts of vitamin-A, and vitamin E. Both these fat-soluble vitamins possess potent anti-oxidant activities, which serve to protect cell membranes and DNA damage from harmful oxygen-free radicals.

WOLGOL (SANDALWOOD NUT)

The sandalwood nut contains many significant amounts of dietary quantities of some of the good oils, in particular Omega 9. The Omega 9 is one of those healthy qualities. In particular, it is good for heart health by lowering the 'bad' cholesterol whilst raising the 'good' cholesterol, thus reducing heart disease. In addition, Omega 9 helps to lower blood sugar levels and improve metabolism. It is also good for Type II Diabetes, and Metabolic Syndrome. It is a good improvement in Immune Function. It is a good all round good guy, and we should all have it.

MURNONG, PI DAISY, BULBINE LILY CHOCOLATE

Murnong, Bulbine Lily and Chocolate are good for diet and health. These storage organs can be eaten as they are. The storage organs of mature plants are nutritious, and the Bulbine Lily are the sweetest-tasting.

MOOLAH

Bracken Fern good for diet and health. It is a good source of fiber. However, it is better to eat it with a little bit of thiaminase, which decomposes the thiamine. It is not eaten as it can be toxic.

KANDUTAL (DESERT LIME)

Desert lime is rich in methoxy flavone glycosides - limnocitrin. Glycosides is a skin healer and is used as a natural repairer of the skin. It helps in absorption of vital ingredients needed for good skin and also helps in hydrating the skin keeping it supple and soft. Desert lime is known to be a significant provider of antioxidant and it also enables a healthy immune system. Aiding the body to resist against various diseases. The main component of the collective tissue collagen's production is also supported by the consumption of this fruit.

Another beauty benefit gained from this fruit is that being rich in furanocoumarin, this fruit consist of properties that are anti ageing, skin repairing agent also it heals wounds and aids early skin regeneration. Desert lime is also very rich in coumarin that helps in acting as a anti fungicidal, has anti-inflammatory benefits and also acts as an anti-oxidant. They are also added in sunscreens as they help in blocking out short wave UV rays that are harmful to the skin.

GULALUNG

The king of citrus fruits are r synonymous to the flavor of lemo needs to just add a fresh squeez fruits are known to be abundant to be one of the most important c is essential vitamin in protecting seriously as cancer. People with rich food to improve their vision avoided by adequate consumption found in finger lime, potassium pressure. People with hypertension meals to avoid any further health can be highly avoided by the pre finger lime is a power house of consumption of finger lime an oft of kidney stone is no rocket accumulation of calcium in one's l like structures. Potassium keeps and hence leads to lowering t terminal diseases such as b avoided. Also known for is rich p formation of stronger teeth and l blood count in check. Adding c smacking and high beneficial to

NGOORP (BLOOD LIME) and GUWING (SUNRISE LIME)

With these two hybrid you can eat the whole fruit; skin, pulp, seeds and all, and that means you get a whole synergistic burst of fruit medicine. We often forget about the holistic health benefits of citrus peel in favour of their flesh and juice but the skin of citrus is packed with way more Vitamin C than the flesh plus Vitamin A, Folate, Calcium, Magnesium, Potassium, Iron and of course lots of wonderful gut enhancing Dietary Fiber. The skin of citrus fruits has been found to: decrease cholesterol levels, fight free radicals in your body, improve bone health, boost your immunity and digestion, improve your oral health, enhance your skin condition and boost your metabolism!

STRAWBERRY GUM

There are amazing health benefits to using the leaves in your cooking. The chemicals found in the leaves are high in antioxidants and the oil is antimicrobial against foodborne human pathogens, food spoilage bacteria, and yeasts assisting in keeping a healthy microbial balance in the human gut. Very important if you have been taking antibiotics or have been unwell.

KURRKUTY (RUBY SALT BUSH)

The small red berries of this plant are eaten and are high in vitamin C. The leaves can also be eaten but must be boiled first-throw away the salty water and use as a vegetable.

BOMULA (COM)

Believed to prevent heart disease. Ripe fruits have a pleasant sub-acid kiwifruits. The unripe fruits are eaten and are roasted and eaten.

MUNTHAI

Like the acai berry is to the Amazon, Muntia is a native super food. A recent study included, showed that Muntia fruits were significantly higher than high antioxidant levels. The fruit antioxidants of blueberries and protect cells against the damaging foods are reported to improve infection, health.

NUGUJAKIN

At low concentrations, the fruit compounds have applications in healing together with the field Vitamin C can do good to your synth In turn, the high level of antioxidant Vitamin C when delivered into skin enhance

NATIVE THYME (PANARYL)

Native Thyme is known for its antibacterial properties. A study found that an extract was able to significantly reduce the heart rate in rats with high blood pressure, and it was also able to lower their cholesterol.

One sure way to use Native Thyme to help lower your heart rate is to substitute it for salt in your foods. It is often used as a natural cough remedy. Native Thyme is packed with vitamin C and is also a good source of vitamin A. If you feel a cold coming on, it can help get you back in good health. It is also a good source of copper, fibre, iron, and manganese.

SLIPPERY JACKS

It is good when fried, but will not keep. However they can be dried and used later in soups and stews. Not rated as one of the best Boletii, but is described as having a choice consistency and good flavour, and seems to be universally enjoyed. These mushrooms should be peeled before being cooked as the slimy cap may cause gastric upsets.

AUSTRALIAN MUSHROOMS

Mushrooms exposed to sunlight contain vitamin D₂ (ergocalciferol) and vitamin D₃ (cholecalciferol), dietary sources as effective as vitamin D₂ and 25(OH)D levels. Morel mushrooms contain vitamin D₂ per 100g.

Protection against drug side effects

An aqueous-ethanol (water and alcohol) extract of the mycelium has the remarkable ability to enhance the immune defence system, thereby protecting against chemotherapy and antibiotic drug toxicity.

Antioxidants

Oxidative stress is associated with cardiovascular disease, Parkinson's disease, and cancer. 2. Consuming antioxidant-rich foods can help protect against this internal damage.

Liver protection

When supplied with an extract of the mycelium, liver damage, and antioxidant reserves were protected.

This suggests that morel mushrooms are a liver-protecting agent.

BIRIRA(WARRIGAL GREENS)

Low in energy, high water content, high in sodium and potassium.

KUTJERA (BUSH TOMATO)

The berries are a good source of carbohydrates and vitamin C.

GIDNEYWALLUM (ILLAWARRA PLUM) or MAROONG (MOUNTAIN PLUM PINE)?

There has been some confusion about the plum pines. The Mountain Plum Pine that I have growing does grow in Alpine regions and loves the cold, however the male cones and the female fruits appear to be unable to be eaten. The other Plum Pine is the Illawarra Plum which is eaten. This tree is a rainforest tree. This rather strange looking fruit is another wonderful source of many antioxidants - protective compounds that help defend the body against cell-damaging free radicals.