

Traditional Staples vs. Imports: A Health & Nutritional Analysis



Delve into the nutritional benefits of local staples like breadfruit, taro, pumpkin, and sweet potato compared to imported starches such as white rice and white potato. Discover how embracing these traditional options with a low glycemic index can contribute to heart health, balanced metabolism, and reduced risk of Type 2 Diabetes.

Find more health & nutrition resources at: eatbreadfruit.com/blogs/health-and-nutrition

| Per 100g Cooked | 'Ulu | Kalo | 'Uala | Pala'ai | White Rice | White Potato | Nutritional Benefit |
|-------------------------|----------|---------|----------------|----------|------------|--------------|--|
| Protein | 1.07g | 0.52g | 0.67g | 1.18g | 2.69g | 1.96g | Protein is crucial for muscle health, cell structure, enzyme function, immune support, and various physiological processes in the body. |
| Calories | 103 cal | 142 cal | 147 cal | 47 cal | 130 cal | 93 cal | Consuming an appropriate number of calories is essential for maintaining energy balance and supporting various physiological functions. |
| Fat | 0.23g | 0.11g | 0g | 0g | 0.28g | 0.1g | Fats are a concentrated source of energy, providing more than 2x the calories per gram compared to carbs and proteins. |
| Dietary Fiber | 4.7g | 5.1g | 3.33g | 2.35g | 0.4g | 1.5g | Fiber aids digestion, feeds gut bacteria, and supports nutrient absorption. Promotes regular bowel movements and reduces risks like diverticulosis and hemorrhoids. Also, it provides a slow-release energy source. |
| Glycemic Index | 47-72 | 53 | 54 | 66 | 73 | 78 | A low glycemic index helps prevention of coronary heart disease, increase feelings of fullness to regulate food intake, and helps with glucose and lipid metabolism. Improves insulin sensitivity to decrease the risk of type 2 diabetes. |
| Amylose | 16 - 53% | >10% | <15% | 13 - 18% | >20% | >30% | High amylose content (an insoluble fiber) decreases the risk of cardiovascular disease (CVD) and type II diabetes (T2D), and also lowers cholesterol levels. |
| Potassium | 475mg | 484mg | 475mg | 412mg | 35mg | 391mg | Can help counteract the unhealthy effects of sodium on blood pressure. |
| Magnesium | 24mg | 30mg | ~17mg | - | - | 25mg | Not high risk for many Americans as kidneys limit urinary excretion of Magnesium. Can help prevent migraines. |
| Calcium | 17mg | 18mg | ~34mg | - | - | - | Supports bone health and weight management. |
| Vitamin A | 11µg | 4µg | - | - | - | - | Relatively high Vitamin A intake with a lowered risk of squamous cell skin cancer of greater than 16%. Helps with your heart, lungs, eyes and other organs. |
| Vitamin C | 23.9mg | 5mg | ~20mg | 10.6mg | - | 12.8mg | Reduces oxidative stress and helps with tissue repair. Can help with preventing the common cold. |
| Lutein | 20µg | - | - | - | - | - | 10x and 15x higher antioxidant properties than of β-carotene and lycopene. Improves eye health |
| Beta-Carotene | 13.9µg | 39µg | 540µg - 4690µg | 4600µg | - | - | Beta-carotenes are common in carotenoids and are antioxidants that carry a wealth of health benefits, both carotenoids and antioxidants can be converted into vitamin A by the body |
| Digestive Health | ✓ | ✓ | ✓ | - | - | - | Dietary fiber helps process stool more easily and also decreases constipation, reduces risk of hemorrhoids, lowers cholesterol levels |
| Healthy Weight | ✓ | ✓ | ✓ | ✓ | - | - | Dietary fiber helps satiate people sooner and allows individuals to consume fewer calories for a comparable volume of food. |
| Heart Health | ✓ | ✓ | ✓ | ✓ | - | - | Antioxidants such as lutein, vitamins (A, B6, C, and E) are known to decrease the risk of cardiovascular disease. |
| Good for T2D? | ✓ | ✓ | ✓ | ✓ | - | - | Dietary fiber controls blood sugar levels. |