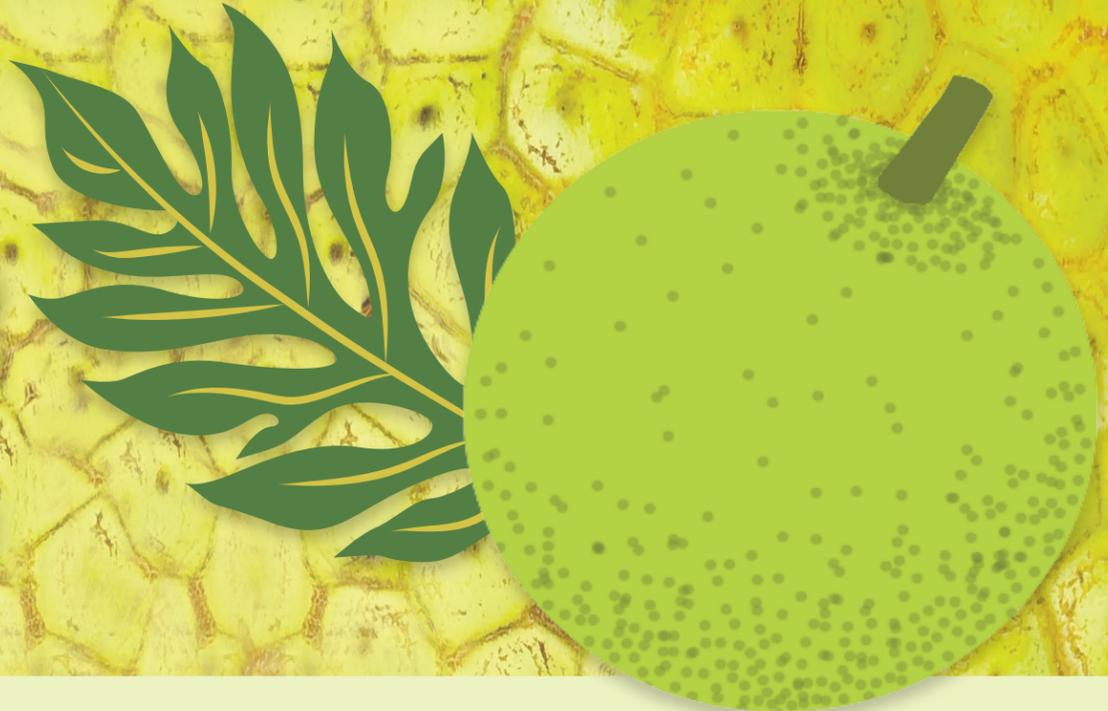


Meet 'Ulu!

(Breadfruit)



HISTORY IN HAWAI'I

- 'Ulu is one of Hawai'i's original "canoe crops" brought by Polynesian voyagers and has been a local staple for many generations!
- Known for its high nutritional value and environmental resilience in Hawaiian agriculture.
- 'Ulu can be dried and milled into flour, which is full of nutrients and is naturally gluten-free.



NUTRITION

- 'Ulu is high in **Fiber** which promotes digestive health and helps regulate blood sugar levels.
- It's also low in fat and packed with nutrients such as **vitamin C** and **vitamin B1** that help your body function.



FUN FACTS

- 'Ulu can be cooked in various ways—baked, boiled, roasted, or fried. Thanks to the fruit's different maturity or ripeness stages, it can be used for breakfast, lunch, dinner, and dessert!



Hawai'i's nutritious, sustainable, and culturally important staple food!



UNIVERSITY of HAWAI'I at MĀNOA
COLLEGE OF TROPICAL AGRICULTURE
AND HUMAN RESILIENCE



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