

COMPOSITION OF AUSTRALIAN INDIGENOUS FOODS

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Indigenous Australian foods have been the subject of a detailed investigation, by the Armed Forces Food Science Establishment, for their potential value as survival aids. Proximate analyses have been conducted on 93 species using standard techniques (Horwitz 1975). Analyses of the contents of thiamin, ascorbic acid, protein, fat, energy, and water have shown that Terminalia ferdinandiana, Myristica insipida, and Cynanchum pedunculatum contain more than 100 mg ascorbic acid per 100 g, and that Aleurites moluccana, Leichardtia australis, Grewia retusifolia, and Cossidae contain more than 1 mg thiamin per 100 g.

Prototype survival education posters developed from the project (Hiddins 1980) display photographs of individual species with a location map, preparation directions and nutritional analyses so far conducted.

The results indicate that many species can be used as survival aids and that some species may have commercial uses.

HORWITZ, W. (ed.) (1975). 'Official Methods of Analysis of the Association of Official Analytical Chemists' 12th edn (Association of Official Analytical Chemists: Washington, DC).

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