

Nutritional information of selected foods from Vic Cherikoff Food Services Pty Ltd

Proximate constituents of some native foods per 100 g edible portion

(from analyses by Vic Cherikoff, published in Tables of Compositions of Australian Aboriginal Foods, Miller et al, Aboriginal Studies Press, 1993)

Common name	Energy	Protein	Fat	Carbohydrate	Dietary Fibre	Water	Na	Ca	Fe
Plants	kJ	g	g	g	g	g	mg	mg	mg
Bunya Nut - kernel	856	11.0	1.0	39.6	3.5	44.2	5	7	2.1
Bush Tomato - fruit, dried	1034	8.5	3.8	46.8	23.4	16.4	95	90	11.0
Cheesefruit - fruit	160	0.8	0.3	12.4	2.6	83.0	30	23	1.1
Davidson Plum - fruit	72	0.4	0.9	8.7	5.3	83.8	2.0	12.1	1.2
Illawarra Plum - fruit	347	0.2	0.2	21.0	4.4	73.2	5	19	0.3
Kakadu Plum - fruit	247	0.8	0.5	17.2	7.1	73.5	13	62	2.4
Quandong - fruit	335	2.3	0.2	21.0	4.3	71.4	62	53	1.2
Riberry - fruit	325	0.9	0.4	18.4	6.8	72.5	11	100	0.9
Wattle (indicative)	1696	19.0	1.0	83.5 (total)	-	2.4	42	233	10.2
Warrigal greens - leaves	61	1.7	.3	1.3	3.8	91.6	590	38	2.6

Common name	Energy	Protein	Fat	Carbohydrate	'Fibre'	Na	Ca	Fe
Non-plant	kJ	g	g	g	g	mg	mg	mg
Sugarbag	1248	2.6	3.0	69.3	5.9 (wax)	17	34	38.8
Witjuties - raw	1027	16.2	28.6	4.6	not relevant	12	9	3.1
- cooked	1318	14.7	25.1	9.5	not relevant	28	119	14.0

Herbs and spices:

Please note, nutritional information for the Cherikoff herb range has not been determined since they are generally used in such low concentrations as to be nutritionally irrelevant. However, their functionality extends to tonic, phyto-estrogenic, stimulant, anti-arthritis, anti-oxidant and other effects. For more information on this topic contact us directly or refer to the website at www.cherikoff.net.