Abstract

The traditional diet of Native Americans has changed with limited on the nutrient contents of traditional Native American plant foods, additional analyses of indigenous wild plants are warranted. The traditional diet of Native Americans has changed with limited on the nutrient contents of traditional Native American plant foods, additional analyses of indigenous wild plants are warranted.

Introduction

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Methods

Nutrient Analysis

Table 1. Carotenoid Levels (mg/100g; mean, r, SD)

Table 2. Levels of Folate Vitamers (µg/g; mean, r, SD)

Results and Conclusions

Total carotenoids (mg/g) are available to the collaborating tribes and have been determined for the 8 wild plants historically consumed by Native Americans. Carotenoids were present in all wild plants, with rose hips being the highest (20.5 mg/g, 6.8% RDA per serving, Table 2). Carotenoids were present in all wild plants, with rose hips being the highest (20.5 mg/g, 6.8% RDA per serving, Table 2). The folly of these results show Native Americans regard traditional foods such as wild raspberries and chokecherries as important dietary sources of carotenoids and folate, and that these foods are consumed by Native Americans. Carotenoids and folate using HPLC; MS detection for folates enabled quantitation of individual vitamers: total carotenoids (mg/g) were highest in rose hips (11.75, 96.8 µg/100g, 7.3% RDA per serving). Carotenoids were present in all wild plants, with rose hips being the highest (20.5 mg/g, 6.8% RDA per serving, Table 2). The folly of these results show Native Americans regard traditional foods such as wild raspberries and chokecherries as important dietary sources of carotenoids and folate, and that these foods are consumed by Native Americans.

References

Acknowledgement

This project was supported by ARS, USDA. Partial support was received from the National Institutes of Health, Agreement # Y1-HV-8116-15. We are grateful to the United Tribes Technical College (UTTC) staff for their help with this study.