

MAIZE NUTRITION

The Versatile Crop

Maize is a crop with mass production capabilities under severe conditions, including the heat of Timor Leste. Yellow Sele and white Noi Mutin are popular varieties across Timor Leste.

HEALTH BENEFITS:

Maize contains a wide variety of vitamins and minerals that are essential for collagen (connective tissue) formation, teeth development and normal cellular function.

The high level of folate in maize is essential to all cellular process and assists in the prevention of anaemia (decrease in red blood cells).

Folate is also an essential nutrient in foetal development during pregnancy and should be a consistent part of a woman's diet, regardless of age or pregnancy status.



A single serving of maize (1 cup of kernels) contains:

125 calories

5 grams of protein

2.9 grams of dietary fibre

2 grams of healthy unsaturated fats

EASY TO PREPARE:

Maize ears and individual kernels can be steamed, boiled or grilled

Grind and pound the kernels to make corn flour or polenta



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ORANGE-FLESHED SWEET POTATO (HOHRAE 3) NUTRITION

The 'Superfood'

Although the name suggests otherwise, the sweet potato is not a potato!

Nutritionally, the orange-fleshed sweet potato (and its leaves) is a superfood and is far better for you than the humble potato!

HEALTH BENEFITS:

Orange-fleshed sweet potato produces more edible energy than wheat, rice or cassava!

You can eat the leaves, shoots and tubers which are all an amazing source of vitamin A, which assists with fighting blindness, diseases and premature death in children under 5 and pregnant women!



Orange-fleshed sweet potato leaves contain:

Significant levels of protein (27%)

Essential amino acids, antioxidants, B vitamins, minerals and dietary fiber

Orange-fleshed sweet potato tubers contain:

A substantial amount of vitamin A (beta-carotene)

High levels of vitamin C

High levels of protein

EASY TO PREPARE:

Eat the shoots raw

Cook the leafy greens (and consume the juices)

Boil, bake or steam the tubers



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MORINGA TREE NUTRITION

The 'Tree of Life'

There is good reason Moringa has been nicknamed 'Tree of Life'. Not only is it capable of growing in conditions too severe for most other plants, each part of the plant is packed with a wide array of vitamins, nutrients, and antioxidants.

HEALTH BENEFITS:

Both the leaves and the seeds/seed oil of the Moringa tree are an excellent source of vitamin C, the B vitamins, vitamin A/beta-carotene, vitamin K, and protein.

The leaves are the most nutrient dense portion of the plant and can be eaten like spinach or any other green leafy plant. The green seedpods can also be eaten.

There's no watering required, they can pick the leaves straight off the tree, and it survives well in dry conditions.



EASY TO GROW AND USE:

From seeds or cuttings

Very little care or water needed

Produces fruits and leaves within 8 months

Dry leaves in the shade and store



Gram for gram, Moringa has:

5 – 7 times more vitamin C than oranges

4 – 5 times more vitamin A than carrots

3 times more iron than spinach

4 times the calcium of milk

High amounts of manganese and magnesium



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MUNG BEAN NUTRITION

The 'Bean Sprout'

The most widely consumed sprout in the world mung beans offer a wide variety of essential vitamins, nutrients, and amino acids at levels not seen in typical vegetables or grains.

HEALTH BENEFITS:

Mung beans contain a wide variety of vitamin and minerals that are essential for bone growth, teeth development, and normal cellular function.

In particular, the incredible amount of folate in mung beans is essential to all cellular process and assists in the prevention of anaemia (decrease in red blood cells). Folate is also an essential nutrient in foetal development during pregnancy and should be a consistent part of a woman's diet, regardless of age or pregnancy status.



Mung bean contain:

Immense amount of protein

Substantial amounts of iron, thiamine and other B vitamins

High amounts of carbohydrates

Low amounts of fat/low cholesterol

High amounts of magnesium and other trace minerals

EASY TO PREPARE AND STORE:

Can be stored in regular grain bins

Soak beans in water for 8 - 12 hours to make sprouts

Grind into a paste



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UTAMUA NUTRITION

The Peanut

Although the peanut is technically a legume, it is the most popular 'nut' in Timor Leste. It has a very similar nutrient profile to many other nuts... very high!

HEALTH BENEFITS:

Peanuts are a rich source of fatty acids, proteins, and a wealth of vitamins and minerals. Considering the peanuts stable growing capabilities the peanut offers a nutrition advantage to any farm or garden.

Being a product of the soil surrounding its growth the peanut is able to retain a higher concentration of minerals than its above-ground neighbours.



Peanuts contain:

An abundance of dietary fibre, essential proteins (amino acids)

A wide variety of vitamins and minerals, including folic acid, niacin, vitamins E and B-6, calcium, magnesium, copper, zinc, selenium, phosphorus, arginine and potassium

A substantial amount of dietary fats (most of which is unsaturated)

EASY TO PREPARE:

Eat them raw

Cook them into stews

Grind and press into oil

Dry and store in bags



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