GOT LOCAL KINE FOOD?

To find nutrient information & recipes for local foods go to this website:

http://hawaiifoods.hawaii.edu

How many calories are there in a Spam musubi? How much potassium in an apple banana?

Answers to those questions and nutrient information about local foods commonly eaten in Hawai‘i are now available on a new Hawai‘i Foods website. This rich resource is the collaborative effort of the University of Hawai‘i at Mānoa’s College of Tropical Agriculture and Human Resources (CTAHR) and Cancer Research Center of Hawai‘i (CRCH).

“The Hawai‘i Foods website is designed to provide food and nutrient information that will assist people in making healthier dietary choices” said Dean Andrew Hashimoto of CTAHR. “People in Hawai‘i eat not only foods common to a Western diet, but also foods that are found in Asian and Pacific Islander diets as well. We now have … data regarding the **calories, protein, carbohydrate, fiber, fat, and other nutrients in foods** like apple banana, bittermelon, breadfruit, poi, poke, inari sushi, lau lau, meat jun and about 150 other items.”

In addition to nutrient information, the Hawai‘i Foods website contains recipes and publications focused on local foods and a **interactive “My Diet” feature** that allows visitors to assess the quality of their personal diets. **Try it out!** The nutrient intake recommendations are based on the U.S. Department of Health & Human Services and the Department of Agriculture’s Dietary Guidelines for Americans and the Dietary Reference Intakes set by the Institute of Medicine.

Carl-Wilhelm Vogel, Director of CRCH said, “**Nutrition information is a tool that can be used to prevent certain diseases and to maintain good health.** This is especially important now with the rising rates of obesity, cancer, diabetes, and other conditions. The Hawai‘i Foods website will be useful to professionals who counsel others regarding dietary choices, as well as to members of the general public who want to learn more about the many foods produced and consumed in Hawai‘i.” The Hawai‘i Foods website will be updated frequently with new information and resources.