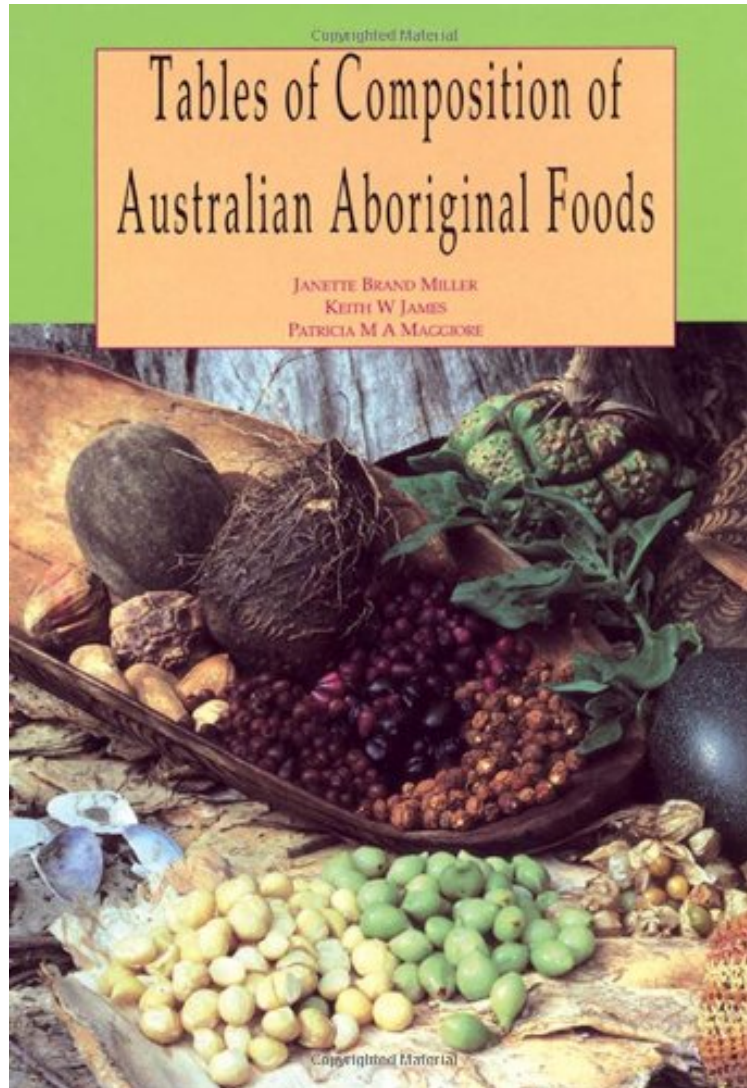


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Janette Brand Miller

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The first comprehensive set of tables of composition of Australian indigenous foods; compiled with the help of the original Aboriginal users and Bush Tucker Man's Major Les Hiddens; this book's data was drawn from more than 1,200 samples representing about 500 different bush foods. It includes figures for content of dietary fiber, thiamine, riboflavin, vitamin C, sodium, potassium, magnesium, calcium, zinc, copper, lead, cadmium and

phosphorus, as well as water, energy, protein, fat, carbohydrate and ash.