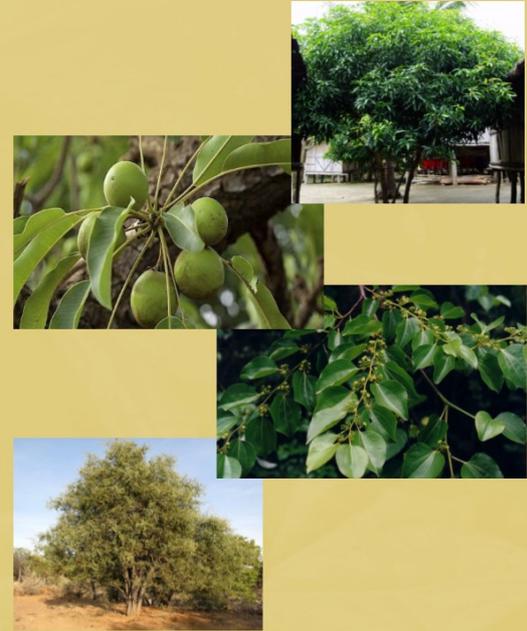


# TREE FOODS FOR HEALTHY DIETS IN SOUTH SUDAN

*PRACTICAL WAYS OF GROWING LOCAL  
FOOD PLANTS AND DOING IT WELL*



**FOOD PLANT  
SOLUTIONS**  
ROTARIAN ACTION GROUP

*Solutions to Malnutrition  
and Food Security*



A project of the Rotary Club of Devonport North,  
District 9830 and Food Plants International



[www.foodplantsolutions.org](http://www.foodplantsolutions.org)

# Tree foods for healthy diets in South Sudan



The South Sudan Integrated Food Security and Livelihood Project, which is funded by the Australian Government - Department for Foreign Affairs and Trade (DFAT) through the Australia NGO Cooperative Programme (ANCP) funding mechanism, aims to achieve improved household food and income security through increasing agricultural production, productivity and increasing incomes, which can be used to enable families to purchase food and diversify diets.

Food Plant Solutions publications provide educational resources to different stakeholders in South Sudan, with special support to FMNR (Farmer Managed Natural Regeneration) introduction and promotion work, by providing good reference to food plant trees, creating awareness and enabling a better understanding of the nutritional value of their local food plants.

For further details about the project please contact us at: [info@foodplantsolutions.org](mailto:info@foodplantsolutions.org)

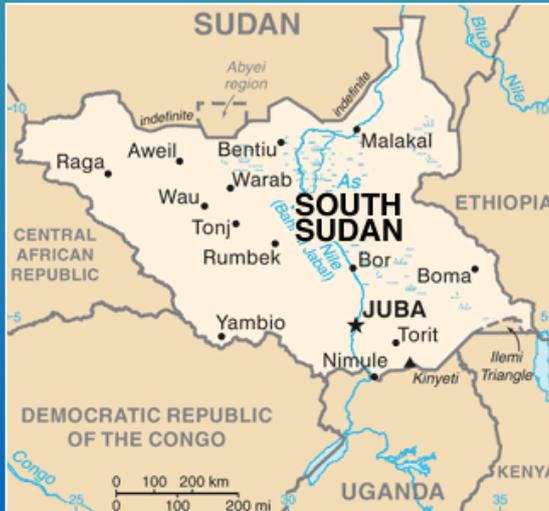
We welcome and encourage your support.

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# Using tree food resources well



**The health, well-being and food security of a nation requires making the best use of all available food plant resources.**

# Tree food plants for healthy diets in South Sudan

With a climate ranging from semi-desert to high rainfall woodlands, and a variety of soils, it is time to discover and explore the amazing range of nutrient-rich and frequently overlooked tropical tree food plants that suit South Sudan.



Boabab



Nettle tree



Paw paw

# Healthy diets

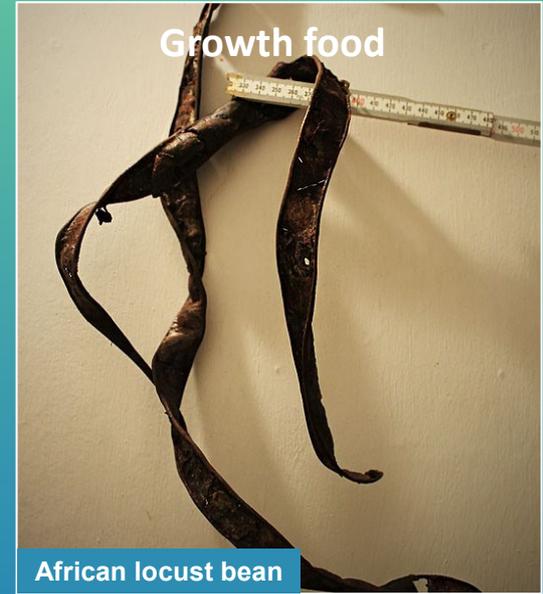
To stay healthy, all people, and especially children, should eat a wide range of food plants. This should include some plants from each of the food groups:

Energy foods - e.g. Goat's horns

Growth foods - e.g. African locust bean

Health foods - e.g. Moringa

Then each of the nutrients required by our bodies will be met in a balanced manner.



African locust bean



Moringa

Health food



Goat's horns

Energy food

# Food security

Grow a range of different tree food plants that produce at different times throughout the year, so food doesn't become short in some seasons. This should include trees that provide fruit, nuts, leaves and starch.



Cashew



Tamarind



African breadfruit



Goat's horn



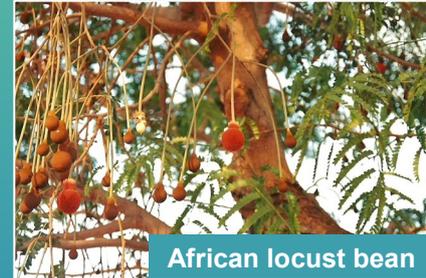
Maroola plum



Carob tree

# Protein foods

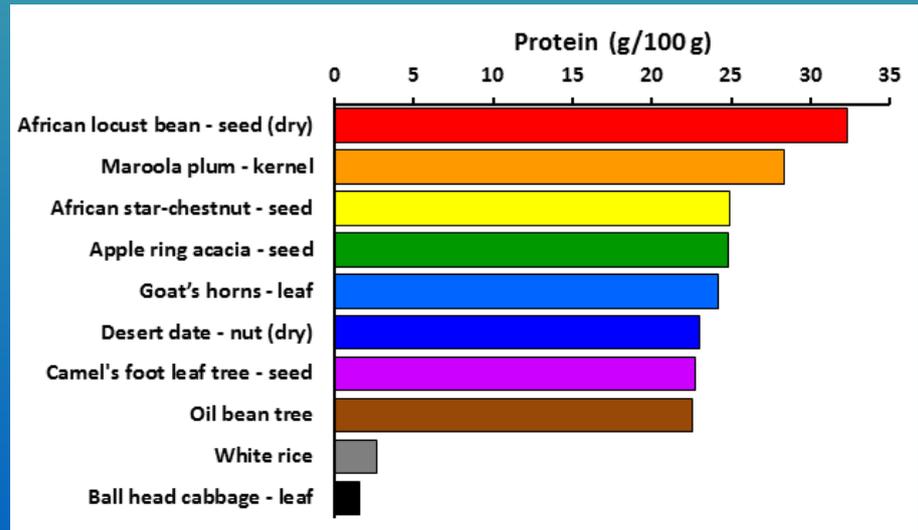
Some tree food plants can be important sources of protein, particularly if fish and meat are not readily available.



African locust bean



Maroola

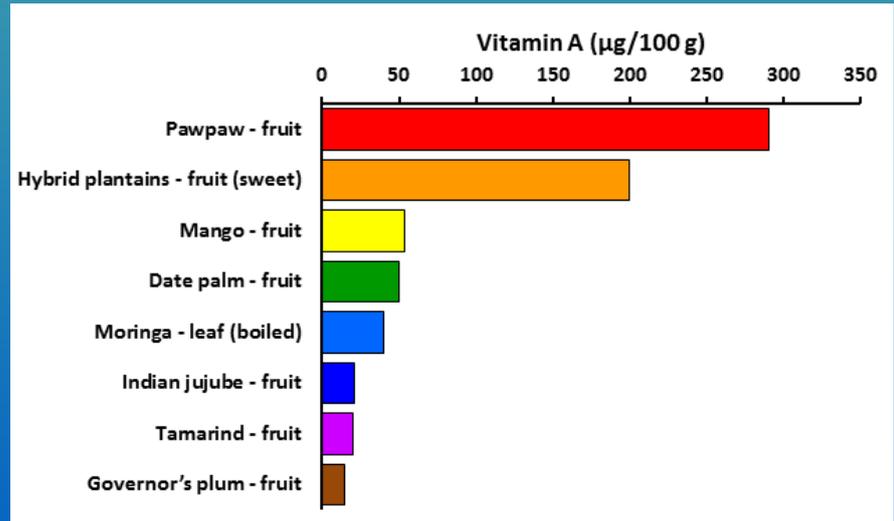


# Vitamin A for good eyesight

Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

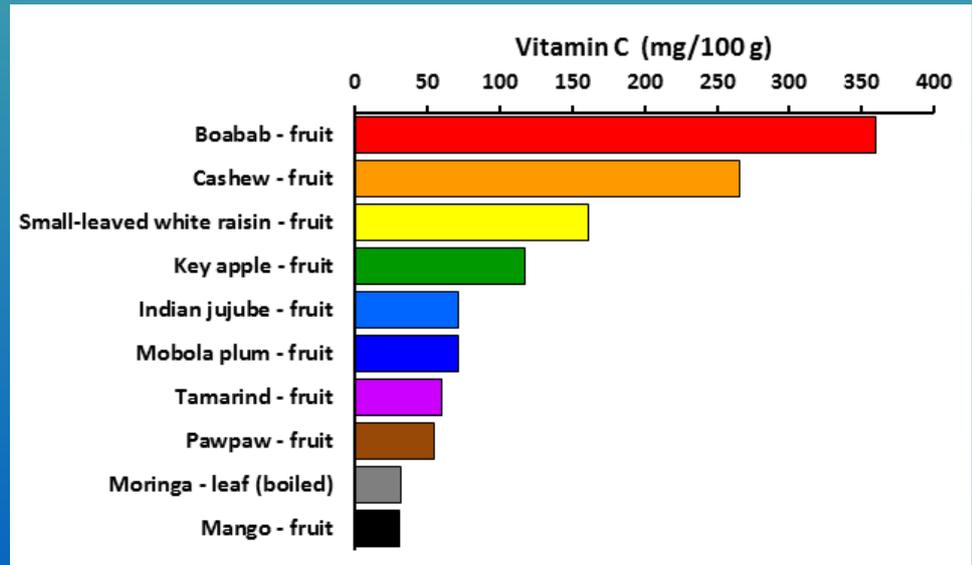
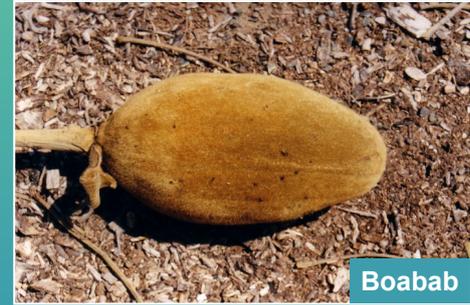
People who are short of Vitamin A have trouble seeing at night.

In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



# Vitamin C for good health

Vitamin C is important for helping us to avoid sickness.



# Iron for healthy blood

Iron is important in our blood. It is what makes our blood red.

Iron helps oxygen get to our lungs. This helps us to have energy to work.

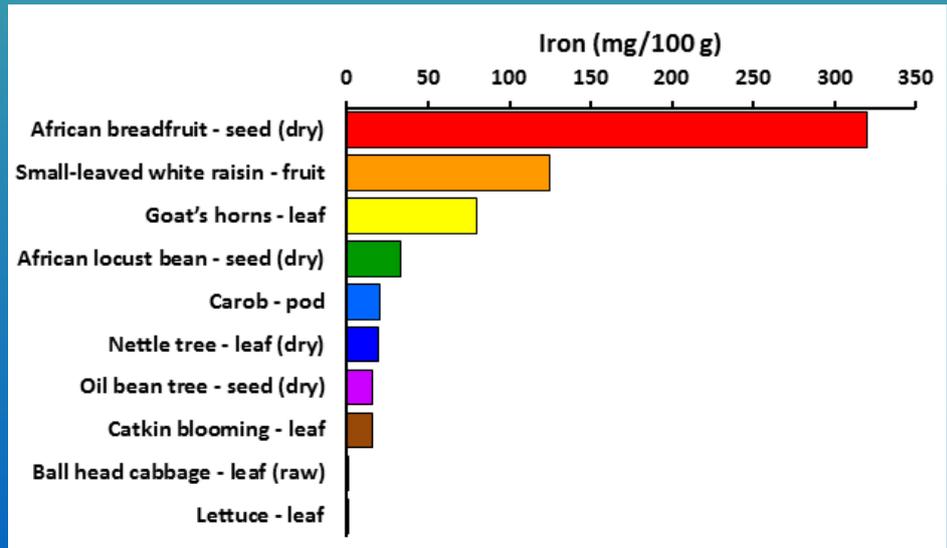
When we are short of iron we are called anaemic. Iron is more available when Vitamin C is also present.



African breadfruit

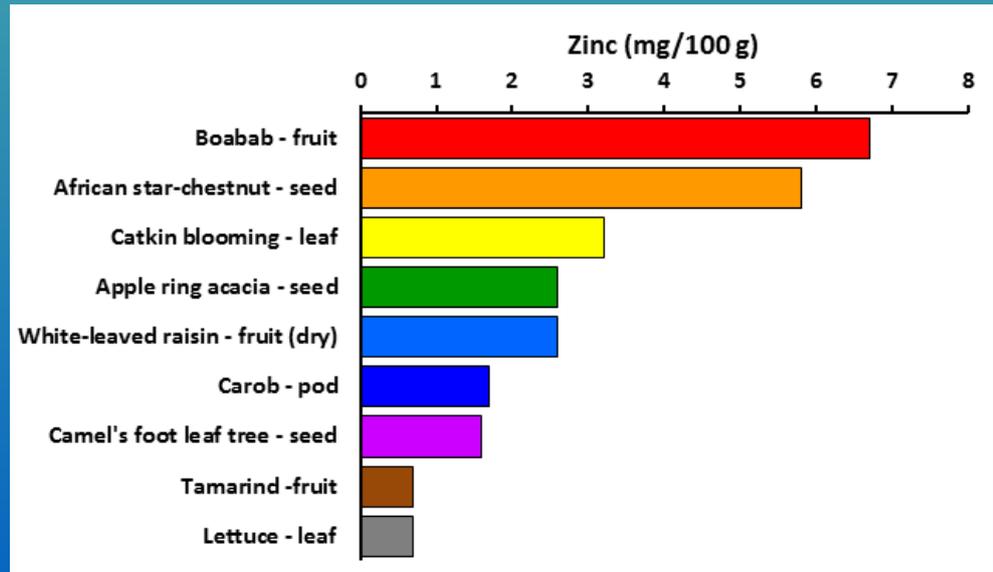


Small-leaved white raisin



# Zinc for growing bodies

Zinc is particularly important for young children and teenagers to help recover from illness and be healthy.



# A number of trees in South Sudan can be grown for starch

Starchy staple foods are important energy foods for people in South Sudan.

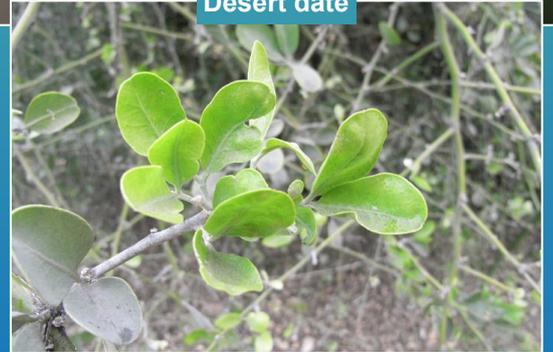
Starch foods provide a good basis for the rest of the diet.



# Some starch trees are suited to drier climates



Desert date



Date palm

# Some starch trees are suited to wetter climates



# Legumes provide protein and restore soils

Legumes have special bacteria attached to their roots that allow them to take nitrogen from the air and put it into the soil for plants to use.

It is free fertiliser!



# There are tree legumes that grow in dry climates



Carob



Apple ring acacia



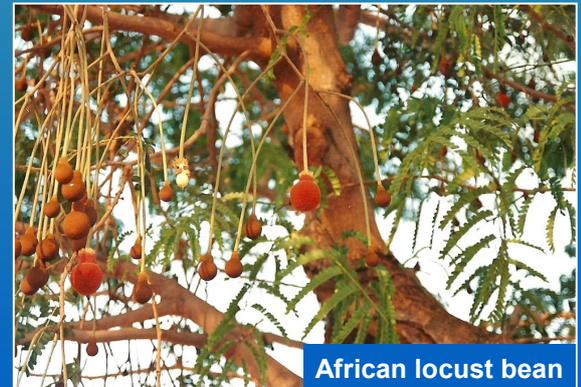
Camels foot tree leaf

# Moist areas also grow tree legumes

Scotman's rattle



Tamarind



African locust bean

# Leafy green foods are important

Dark green leaves are an important source of iron, protein and other vitamins and minerals essential for healthy diets.

Dark green leaves contain folate which all women of child-bearing age need.

Low levels of folate at conception can lead to serious birth defects.

Everybody, especially women and children, should eat a hand full of leafy greens each day.



Catkin blooming



Moringa

Leafy green foods  
can be harvested  
from a variety of  
trees



Nettle tree



Goat's horn

# Everyone should eat some fruit everyday

Fruit provide minerals and vitamins and other important nutrients that everybody needs to stay healthy and well.

Fruit add flavour to life and make good, quick snacks.



# Fruit trees for dry climates



# Fruit trees for wet climates



Monkey guava



Hybrid plantains



Paw paw



Cape fig



Governor's Plum



Wild custard apple

# Nuts for snacks and nutrition

Nuts are nutritious and storable.

Nuts are tasty.

Nuts are rich in protein, vitamins and minerals.

Nuts can be stored to provide food out of season.



Desert date



Cashew



Shea butter nut



African breadfruit

# Nut trees for dry climates



Shea butter nut



African star chestnut



Desert date



Sebanan

# Nut trees for moist climates



Scientific name	English	Dinka	Arabic
<i>Adansonia digitata</i>	Boabab	Dunyduɗ, Zuony	Tebeldi, Humar
<i>Amblygonocarpus andongensis</i>	Scotsman's rattle		Hashrajat almawt
<i>Anacardium occidentale</i>	Cashew		Alkajw
<i>Annona senegalensis</i>	Wild custard apple	Yerber, Pac	Gisshta
<i>Azanza garckeana</i>	Chewing gum tree	Adook	Arabic gum
<i>Balanites aegyptiaca</i>	Desert date	Thou, Apamthou	Higliɗ, Lalob
<i>Bauhinia thonningii</i>	Camel's foot leaf tree	Pac	Abu Khamira / Khuf
<i>Boscia angustifolia</i>	Rough leafed boscia	Akondok	Mokheit
<i>Boscia senegalensis</i>	Dila	Akondok	
<i>Carica papaya</i>	Pawpaw	Papaya	Pawpaw
<i>Celtis integrifolia</i>	Nettle tree	Abyei, Ariek, leer	Ibnu, Mahagai
<i>Ceratonia siliqua</i>	Carob tree		Khurub
<i>Cordia myxa</i>	Sebastian tree	Akoc, Akuei	
<i>Diospyros mespiliformis</i>	Monkey guava	Cum	Abu sebala

Scientific name	English	Dink	Arabic
<i>Dovyalis caffra</i>	Key apple		
<i>Faidherbia albida</i>	Apple ring acacia		Haraz, hiraz
<i>Ficus sur</i>	Cape fig	Ngaap	Gameiz
<i>Ficus sycomorus</i>	Sycamore fig		Aljamiz altyn
<i>Flacourtia indica</i>	Governor's plum		Bariq alhakim
<i>Flueggea virosa</i>	White-berry bush		
<i>Grewia bicolor</i>	White-leaved raisin		
<i>Grewia tenax</i>	Small-leaved white raisin	Apoor, Apormundy	Ummageda, Gadein
<i>Irvingia gabonensis</i>	African wild mango		
<i>Mangifera indica</i>	Mango	Mango	Manga
<i>Moringa oleifera</i>	Moringa		Shajarat alfajl
<i>Musa x paradisiaca</i>	Hybrid plantains	Muuth	Musa
<i>Opilia amentacea</i>	Catkin blooming	Aladhooc, Acinguan	

Scientific name	English	Dinka	Arabic
<i>Parinari curatellifolia</i>	Mobola plum		
<i>Parkia filicoidea</i>	African locust bean	Akon	Um Rashad, Mudus
<i>Pentaclethra macrophylla</i>	Oil bean tree		
<i>Phoenix dactylifera</i>	Date palm	Akarap	Belah, Nakhla
<i>Punica granatum</i>	Pomegranate		
<i>Sclerocarya birrea</i>	Maroola plum	Gumel	Akamil
<i>Sida cordifolia</i>	Goat's horns	Gem thok, ladha	Um Hebiba, Um
<i>Sterculia africana</i>	African star-chestnut	Boggo, Adhiak	Baroot, Tartar
<i>Tamarindus indica</i>	Tamarind	Cuei	Ardeib
<i>Treculia africana</i>	African breadfruit	Penne in from uganda	
<i>Trichilia emetica</i>	Banket Mahogany		Bank almahujuni
<i>Vitellaria paradoxa</i>	Shea butter nut	Raak	Lulu
<i>Ziziphus mauritiana</i>	Indian jujube	Laang	Nabak

# Acknowledgements



This publication has been developed as part of a project undertaken by Food Plant Solutions Rotarian Action Group, World Vision and the Australian Government (DFAT).

It would have not been possible without the commitment and support of the various volunteers, who have shared the vision and unselfishly given their time to support this project, specifically - Lyndie Kite, John McPhee and Mel Bower.

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