Micronesian Nutrition Bibliography

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INTRODUCTION

The outline for the work was patterned after that of Robert J. Fanning's "Pacific Islands Nutrition Bibliography," published by the University of Hawaii Press in 1951.

The geographic index includes primarily those areas of the Pacific called Micronesia. General Pacific or tropical subjects will be found under Oceanica, as well as a few selected Hawaiian and Filipino references applicable to Micronesia. Besides Oceanica and Micronesia, specific island groups such as the Marianas, Carolines, and Marshalls are indexed.

The subject index includes bibliographies, chemical composition of food, chemistry of soils, water, etc., dental conditions, dietary studies, diets, foods and their preparation, and physical status.

The aim of Fanning's work was to include all publications covering these subjects through June, 1950. The aim of this bibliography is to include all Micronesian references since that time through June, 1970.

This bibliography was produced as a special home economics research project (HE 390), University of Guam, Spring 1971, under the direction of Carolyn Gerhold.

ANNOTATED BIBLIOGRAPHY


Arnow, T. 1954. The hydrology of the Northern Marshall Islands. Atoll Research Bull. 30:1-7. [Includes the water supply, its uses, and a chemical analysis.]

Includes water supply, how it is used and a chemical analysis.


[Freshness of water.]


[One section explains food supply and how it is obtained.]


[Ipomea aquatica Forsk. (In Guam known as Kangkang) a description of the plant and table of nutritional value.]


[Duplicated]


[Quick growing tree recommended for atolls, Muntingia calabura (grows readily in Guam).]


[Explains food production, preparation and preservation using locally grown plants; nutritive value is given.]


[The section on food, pp. 7–50, describes methods and utensils for preparation; detailed description is given for uses of the coconut, pandanus, breadfruit, and taro.]


[Daily life, use of taro swamps.]


[Uses of available plants and animals as food.]

[Discusses changes in food habits and the possibility of flouridation.]


[A survey of dental diseases and other problems of many Pacific Islands; notes present dental services and makes recommendations for further progress.]

[Description of Guamanian foods and methods of preparation, including recipes.]

[Discussion includes food and nutrition.]


[Description of trees and fruits as well as methods for preparation.]


[Discusses ground water and rain catchment.]


[A detailed account of feeding, diet and care of children during infancy.]

[Discusses natural resources and consumption.]

[Popular Guamanian recipes collected as a class project and mimeographed.]

[Primarily concerned with cultivation but also includes a table of food values for five species.]

[A section on agriculture and economic botany, pp. 11–22, describes how many plants are used including basic food and beverage plants.]

Gressitt, J. L. 1952. Description of Kayangel Atoll, Palau Islands. Atoll Re-

[Describes water supply and food plants grown.]

[Recipes for local Guamanian foods included.]

[Includes recipes for Guamanian foods.]

[Recipes for Guamanian dishes included.]

Han, G. Kian. 1965. The nutritional value of milk substitutes prepared from selected taro products, tofu and coconut milk. Univ. Hawaii thesis.

[A study made of a group of Chamorro families living in Guam, Rota, and the mainland United States; other Micronesians included were from Palau, the survey included males and females comparing their caloric intake and the percentage of protein, fat, and carbohydrate in their diet.]


[Recipe book for unusual tropical fruits with notes of when available, how to choose, store, and prepare.]

[Recipe book for unusual tropical vegetables with notes on how to choose, store, and prepare them.]


Hipsley, E. 1951. Child nutrition in the South Pacific. South Pacific Bull. [not seen]

[Keeping qualities of rice, flour, and wheat in the tropics.]

[Nutrition and subsistence farming are subjects of seminar.]


[Describes programs designed to improve the health of the islanders.]

Descriptions of several methods of distilling that could be simply constructed on an atoll; designs and plans included.

[Short description of fruits and their uses, with photo illustrations for easy identification.]

[Description of conditions and services for Micronesia; short note on the effects of betel chewing on the teeth.]

[Accomplishments of the School of Dental Hygiene.]

[mimeo.]

[Chapter 4, "Health and Physique," pp. 92–118, describes in detail the physical and nutritional status of the people studied; this is also shown by percentages in a chart on p. 328.]

[A description of a variety of methods used for preserving, using, and storing bananas.]

[A description of tropical fruit and nut trees and their propagation methods; general usage and nutritional value is mentioned; photographic illustrations help to identify unfamiliar fruits.]


[Suggests method of reducing spoilage.]

[Survey included study of diet and food plants.]


["What is there to eat" (pp. 12–15) describes the staple foods, how they are
acquired and how to prepare them in very general terms.]
[Notes cases, symptoms, and remedies for fish poisoning; these same fish are often poisonous in Micronesia.]

[Recommends educational programs to overcome malnutrition.]
[Discusses selection of food, food storage and food handling in the tropics.]
[Compares the various types of milk found in the Pacific Islands; information is given on the storage, use, and nutritive value of each.]
[Notes an infant’s need for milk and child feeding programs; because of cost, some loss of life may be caused.]


[Encourages the people to continue subsistence agriculture in order to supplement diets which include large amounts of imported foods.]
[Recommendations and suggestions for saving the nutritive qualities of foods cooked in quantity.]
[Describes tropical food plants and their values.]
[Covers a wide variety of problems including traditional sources, basic foods, supplementary crops, introduction of new crops, storage, marketing and shipping food, imports and their comparative value and food processing.]
[A description of several seldom used beans and their food value.]


[List foods and food resources; describes the diet and nutrition of children, pregnant women and nursing mothers; many charts and graphs.]
———. 1955. Diet and nutrition in the Trust Territory of the Pacific Islands.
[Surveys the children's diets, nutritional status, and feeding methods up to age two and a half for each of the districts of the Trust Territory; notes type of food available, especially the staples, and the method of preparation; uses extensive graphs and charts for diets and physical measurements.]
[Describes island conditions, population distribution, foods, cost of living for the island of Guam. Includes vital statistics, health and physical status of mothers and children, as well as infant growth and development.]
[Article describes the varieties, food value, recipes and bibliography for yams.]
[General problems are discussed for both high and low islands and for both urban and agricultural areas.]
[Results of a symposium on nutrition. Discusses problems found in tropical Australia and the Pacific, particularly diet, nutrition, dental caries, and food technology.]
[Explains the nutritive value and importance of fish in the diet.]
[Description of the program.]
[Under the chemical analysis of staples is included: sage, taro, polynesian
arrowroot, yams, bananas, breadfruit, cassava, and sweet potatoes. Then the supplemental foods, fruits, nuts, and cereals are considered.

[Description of varieties, food value, preparation, and bibliography for breadfruit.]

[A full description of species and varieties used as food in the Pacific with comparative nutritive values and methods of preparation, using and storing; a short bibliography is listed.]

[A description of the plant and methods of cultivation is followed by lists of the chemical composition and food values. Methods of preparation includes several recipes; a short bibliography is added.]

[The varieties used, methods of preparation and chemical composition of the cassava are discussed; short descriptions are given of several other tubers used as food in the Pacific.]

[The history and introduction of the banana and its chemical composition and food value are discussed at length; traditional methods of cooking and storing are noted.]

[The many food uses of the coconut are discussed; the chemical composition of the albumen is given for several stages of growth.]

[Notes problems that have arisen from the changing food habits of the island people.]

[Several tropical plants which grow in Micronesia can be used for food, although not generally utilized at present.]

[Recipes for fiesta and fandango foods, use of the coconut and coconut milk, and listing of fruits and vegetables with their local names.]

Miller, C. D. 1953. The nutritive value of some native foods compared with
[Results showed less nutritive value in highly processed foods.]


[A description of the fruit with local Marshallese names is given; preparing flour and paste is described, and the nutritive value is noted.]

[Primarily a handbook to assist people with a limited knowledge of tropical agriculture; each fruit and vegetable is described separately with recommendations for planting, growth and usually use and food value; each has its own bibliography.]


[Lists foods and their availability; physical status and comparative studies were made.]

[Included are staples, fruits and seafoods with description, history, use, and nutritive value for each; extensive use of tables and charts.]


[An attempt to find a simple and efficient processing method for home use; includes a chemical analysis of coconut and the behavior of coconut milk when heated.]

[Author encourages improved pre- and postnatal nutrition for island mothers.]

["A short annotated list of relevant publications in the library of the South Pacific Commission."]


Peace Corps. 1969. Peace Corps health program for the Trust Territory of the
[Reasons for establishing a laboratory to study Pacific foods.]

[An annotated bibliography, each entry notes the chemical composition as each author has reported.]


[Work accomplished by the laboratory set up to analyze foods of the Pacific area.]

[Chemical analysis of dried breadfruit.]

[Processing coconut for protein as well as for oil.]

[Notes on fiesta foods and their preparation, especially the red rice.]


[A comprehensive listing of reports, working papers, leaflets, circulars, technical papers, articles, and other works published under the auspices of the South Pacific Commission while working with health programs in the Pacific area.]

[Discusses the people of Saipan, both Chamorro and Carolinian, and their way of life after World War II; includes subsistence farming and the crops raised, methods of food preparation, health and food habits.]


[Includes such foods as coconut, breadfruit, pandanus, taro, and bananas.]

[Methods of selection and preparation of Hawaiian fruits and vegetables; recipes and special instructions for freezing.]


[Methods of salting, drying, smoking, and cooking fish.]


[Short descriptions of many tropical fruits, with detailed charts of chemical composition and food value; method of sampling is explained.]

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Authors are invited to contribute book reviews, review papers, shorter notes, letters, and news notes of scientific interest, as well as research reports.

SEND MANUSCRIPTS TO: Dr. L. G. Eldredge or Dr. R. T. Tsuda, Marine Laboratory, University of Guam, Box EK, Agana, Guam 96910; OR TO: Any member of the Board of Editors, whichever is more convenient.

Printed by the International Academic Printing Co. Ltd., 270, 3-chome Totsuka-cho, Shinjuku-ku, Tokyo 160, Japan