

# Indigenous Peoples' Food Systems: the Many Dimensions of Culture, Diversity and Environment for Nutrition and Health.

*HV Kuhnlein, B Erasmus, D Spigelski.*

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## Book Announcement

This book is an outcome of a global health project in which Pohnpei, Federated States of Micronesia (FSM) was also involved. The book is described on its cover as follows: "Food systems of Indigenous Peoples who retain connection to long-evolved cultures and patterns of living in local ecosystems present a treasure of knowledge that contributes to well-being and health, and can benefit all mankind. This book seeks to define and describe the diversity in food system use, nutrition and health in 12 rural case studies of Indigenous Peoples in different parts of the world as a window to global Indigenous Peoples' circumstances. A procedure for documenting Indigenous Peoples' food systems was developed by researchers working with the Centre for Indigenous Peoples' Nutrition and Environment (CINE) at McGill University, Canada, and the FAO. The procedure was adapted and applied in case studies located in Canada, Japan, Peru, India, Nigeria, Colombia, Thailand, Kenya, and the Federated States of Micronesia. The collective intent of this documentation is to show the inherent strengths of the local traditional food systems, how people think about and use these foods, the influx of industrial and purchased food, and the circumstances of the nutrition transition in indigenous communities. The Pohnpei case study targeted the rural community of Mand, Madolenihmw and is presented in Chapter 6. There was a great diversity of local foods (381 items). However, use of these was neglected. Local foods provided 27 percent of the energy for the adults with the rest provided by imported foods, often of poor nutrient content. Overweight, obesity, diabetes and vitamin A deficiency were serious problems. A community leader gave the lead-in quote for the chapter: "God made us to eat our own foods, we need to go local." The Pohnpei, FSM case study in the Pacific region showed a great diversity of local foods and varieties, but that use of the traditional food system has greatly declined. The photographic section presents colorful photographs of the traditional food systems of all case studies, including the one in Pohnpei, FSM.

The book is available on-line without charge at <http://www.fao.org/docrep/012/i0370e/i0370e00.htm> or may be purchased on-line at <http://www.fao.org/catalog/bulletin/08.09.htm>.

