



Nutrition from an Eritrean Perspective

Presentation prepared by Samira Ali outlining some of the history and context of Eritrea and the food and customs of the people.

Map of Eritrea



Kitcha - Unleavened Bread



Injera Originally Made with Teff

- Injera is traditionally made with teff, which is a whole grain grown mainly in Ethiopia and Eritrea.
- Teff leads all the grains - by a wide margin - in its calcium content, with a cup of cooked teff offering 123 mg, about the same amount of calcium as in a half-cup of cooked spinach.
- Teff is associated with low GI and a good source of iron



Injera Bread

- Traditional way to make and eat injera



Factors effecting nutritional intake in Australia

- Knowledge
- Affordability
- Accessibility

