

A Review: Local Resources For Food and Health In Sudan

Nayla Mohammed Gomaa Nasr

College of Public Health, Bahri University, Khartoum, Sudan

Email : nileoooooh@gmail.com

ABSTRACT

Local food refers to food that is produced based on the resources, consumed by the local community, in accordance with the potential and local wisdom (local culture). Sudanese cuisine is varied by region and greatly affected by cross cultural influence upon Sudan throughout history. In addition to the influence of the indigenes African peoples. The cuisine was influenced by Arab trader, and settlers during the Ottoman Empire, cuisine from all over the world can be found in Sudan, including Asian, Indian, Middle Eastern, and other international tastes. Fast food chains are rising in popularity due to convenience and their family style. Traditional food around the world have common characteristic, a testament to the wisdom of our ancestors, and Sudan is no different it has a rich, diverse cuisine and food culture that we should be proud to share with the world. Today I will talk about one type of favorite Sudanese food and the main dishes at every occasional ceremony in a breakfast Altagaleah, alniaimia with alasseeda ; alasseeda (porridge) with Altagaleah, alniaimia navigator are most popular dishes in Sudan.

Key words : traditional food, Altagaleah , alniaimia, alasseeda

INTRODUCTION

Local food refers to food that is produced based on the resources, consumed by the local community, in accordance with the potential and local wisdom. Traditional foods also constitute an essential aspect of people's cultural heritage, background and their environmental conditions. In addition, traditional foods represent an important component of people's diet and are very much related to their food habit and nutrition. During the last two decades, the high rate of urbanization, labor migration and the increase in income have affected the life styles of the population of many countries include Sudan and resulted in an extensive increase in food import. This led to a high reduction in the consumption of traditional foods.

The governing bodies of FAO have recommended that FAO give due consideration in its program to the promotion of the production and consumption of traditional foods worldwide. Accordingly, several studies and projects have initiated by FAO in different parts of the world, to survey existing traditional foods and food crops, study their nutritional values and identify ways and means of promoting their production and consumption.

The rapid change in food habits in the Sudan has adversely affected the consumption of many traditional foods. Consequently these foods have gradually disappearing from the food tables. A great emphasis has been recently made by FAO on the role of traditional foods in improving nutrition status of the people. Many of these foods are nutritionally important in the diet and can make a significant contribution in meeting the nutritional requirements of a population. Now days, the Sudan have been substantial wellbeing of the community nevertheless, the traditional foods received little attention in nutrition programmers, which is mainly due to the lack of information on the nutritive value of these foods.

LITERATURE REVIEW

Situation of Foods in Sudan

Sudan covers an area of 1,881,000 square km. It has land boundaries with Egypt, Libya, Ethiopia, Eritrea, Chad, Central African Republic, Southern Sudan and a coastline of 835 km.

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Sudan's economic development depends on agriculture, which currently accounts for some 34% of GDP and 90% of exports. The main thrust of national development is now to increase agricultural productivity in order to attain self-sufficiency in basic food commodities, so as to cut down imports and go beyond self-sufficiency, thereby become an exporter of animal and plant products.

Recently Sudan has made great effort to increase their self-sufficiency in some food items mainly vegetables, eggs, poultry, fish and milk. However, food production is subject to many constraints. Low quality of cultivated land, an unfavorable environment for growing crops and raising animals, salinity and soil deterioration, decrease in available agriculture land due to urbanization, shortage of water resources, and lack of quality and quantity of agriculture manpower are the main constraints to food production in the Sudan. For this reason food importation has increased sharply, especially with the rapid growth in population and the increase in income.

Sudan has a good potential for agricultural production. Sharply increase its local production of cereals, vegetables, milk and dairy products, and fish. Land in Sudan is very suitable for growing vegetables crops and tropical fruits and has good resources for fish and fish product. Nevertheless, due to the low quality and limited cultivated land, as well as to the low production of local animals, most people in Sudan still depend on the importation of dried milk for the preparation of dairy products. In general the food industries in Sudan are confined to milling baking, soft drink, dairying, mineral, water bottling, and slaughtering of livestock.

Food Consumption Patterns in Sudan

The rapid economic growth of the Sudan has led to a drastic change in the life style of the people including their food consumption patterns. Traditional food dates, milk, high fiber bread and fish have been replaced by a more diversified diet. Red and poultry meat are consumed more frequently than fish and mutton, and lamb are preferred rather than beef. Wheat and millet are still the most staple cereal, and is eaten almost daily with other complements, wheat is mainly consumed as bread, macaroni. Milk and dairy products, practically cheese butter yoghurt and liquid milk have become essential meal items, seeds, carbonated beverages, potato-chips, corn-puffs, peanut, lip, and candies are the main foods have replaced the traditional foods such as dates, tea and coffee is the most popular drink and consumed sweetened with or without milk. Fast foods like hamburgers, fried chicken, sausages and pizza are very popular specialty among the younger generation.

The changes in food consumption patterns have been reflected in the health and nutrition status of the community. A paradoxical situation of both undernutrition and overnutrition now exists. Undernutrition such as mild growth retardation and iron-deficiency anaemia are still prevalent, and at the same time diseases often associated with affluence such as obesity, heart diseases, hypertension, kidney failure and diabetes have increased sharply and become the main public health problem in Sudan.

Traditional Foods and Their Role in Improving the Nutritional Status

It is hard to put a clear cut division between traditional and non traditional foods, especially with the great change in the food situation in Sudan. In general traditional foods are those foods with commonly consumed in the country through custom and tradition. They are highly accepted by the community or a sector of it. People are familiar with their cultivation or the raising the relevant animals additionally, people know how to prepare traditional foods, and they are included in local dishes.

For the purpose of this report traditional foods are defined as those which are locally available, and widely consumed in Sudan or in a sector of a country. These foods are closely linked to the culture and food habits of the inhabitants of Sudan region. They could be of a single or in a composite form. They can be subjected to processing and storage, and have a good potential for commercial production.

Some traditional foods have a high nutritive value and therefore can play an important role in providing essential nutrient in Sudan. They can also supplement the main dishes and improve the nutrition composition of a meal.

The objectives are to provide as much information as possible in the most common traditional foods in the Sudan and determine the nutritional values of traditional foods, and to assess the

possibility of the production of some traditional foods on a commercial basis and to assess the health potential of traditional food in order to promote and encourage their consumption in Sudan.

Cereals and Animal Products in Sudan

Data on food consumption patterns by geographical area and socio-economic group is not available in the Sudan. Some studies, however, indicate that there are considerable variation in food consumption, because of regional differences in food availability, climatic factor and eating habits. The Food and Agricultural Organization (FAO), for example, indicates that sorghum and millet are the main staple foods in the rural areas of Northern Sudan, while wheat and broad beans are principally consumed in the urban areas.

Cereals and animal products represent the main food groups in terms of supply for human consumption. Cereals provide more than half of the daily energy supply in Sudan (53%), milk and eggs rank second (13%) and sweeteners provide 8% of the daily energy supply. Thus, almost three-fourths of the energy supply comes from three foods groups, cereals, milk and sweeteners (FAO 2005). In the Sudan, cereals are produced under three major productions systems-irrigated, traditional rain-fed and mechanized rain-fed. The major production cereals-sorghum, millet, rice, sesame seeds and wheat.

It is of importance to note that most of the dishes remain simple and natural in Sudan. The most common elements are wheat, beef and sheep meat, tomatoes, sesame seeds (Sudan is a great exporter of sesame) and rice. The main staple of the Sudanese traditional food is a special type of bread called Kissra, which is made of durra or corn or millet, Kissra is taken together with a stew and this has become the main dish in central and Sudan in general. The main components of which these stews (taken together with kissra) are made of dried meat, dried onions, mineral, spices and peanut butter.

Other substances could be added like milk and yoghurt. These are used in preparing two well-known stews; Ni'aimiya and dried oca is used in preparing other stews like Waika, Bussaara and Sabaroag. Miris is a stew that is made from sheep's fat, onions and dried okra. Other vegetables like potatoes, egg plants and others are used in preparing their stews meat, onions and spices. These stews are accompanied with porridge (Asseeda), which is made with wheat flour or corn. Other times Kissra is used. As for the popular appetizers in Sudan, there is (Elmaraara) and (Umfitit) that are made of parts of sheep like the lungs, liver and stomach. To these are added onions, peanut butter and salt, it is eaten raw. Also other types of porridges are popular in Sudan which are made of wheat, Dhukhun and dates. They are taken together with milk, sugar and margarine. Soups are an important component of the Sudanese food, the most popular are Kawari', which is made of cattle's or sheep's hoofs in addition to vegetables and spices.

In spite of the fact that in the present, Northern Sudan is known for its simple cuisine, yet it could be of significance that historical evidence has proven that ancient Nubians were the first to discover wheat and from them, the world got to know about it. This explains the fact that wheat flour has still remained the staple food for the people of the north who use it in making their main dish (Gourrassa). It is made of wheat and baked in a circular shape, its thickness and size change according to the needs. A distinct serial by which the west is well-known is (Dukhun). It is used in preparing a thick porridge called (Aseeda Dukhun), to that is added a stew called (Sharmout Abiyad) which is cooked with dry meat. Another form of stew is (Kawal), which is made from a mixture of some plants' roots that are left to leaven and dried afterwards.

As for beverages, the Sudanese has several distinct beverages that are made of some fruits that grow in Sudan like Tabaldi, Aradaib, Karkadai, and Guddaim preparation of:

Porridge recipe

Sorghum is a basic ingredient in the preparation of porridge and several traditional foods that are commonly consumed in most part of Sudan. It is usually used for the preparation of a porridge. Ingredients are sorghum grain (millet or wheat), water, and salt. Procedures, put a little water on the fire until boiling, and then add millet wheat dough mixed with salt and water and fermented for six hour before, and stir until well consolidate strength after that put it into suitable bowl.

Al Tagalia recipe

Ingredients are half a kilo of minced meat, 6 pieces of medium onions, 250 ml oil overalls, 2 tablespoon sauce, 2 tablespoons dried okra micronized, seasonings to taste, salt, water. **Procedure**, categorically onion into slices and boil in oil until the size is getting smaller, after that add the minced

meat and spices add to taste, then add the appropriate amount of water, then add a little tomato paste and then leave until cooked, then add the okra Alms.

Ni'aimiya recipe

Ingredients are 6 pieces of medium onions, 250 ml oil overalls, some table spoon of sauce, seasonings to taste, corn flour, water, yoghurt. Procedures, categorically onion into slices and boil in oil until the color is getting smaller add the appropriate amount of water then, add some spices, a little tomato paste mixed with yogurt and then leave until cooked after that add the cornflower then add the okra alms.

Nutritive Value of Porridge, Altagaliea /Alneaimia Recipe (stew)

Cereals as general are a good source of some very important nutrients, including Protein, carbohydrate, fat, B vitamins, vitamin E, iron and trace minerals are essential to human life. Whole cereal grains are important sources of these nutrients. Refined grains, such as white bread and white rice, are produced by removing most of these nutrients and adding only part of them back, explains the U.S. Department of Agriculture. Fiber is another important nutrient in cereal grains and it is not replaced in refined grains. The fiber in whole cereal grains is a critical nutrient in disease prevention.

Whole grains and whole-grain derivatives have a high amount of dietary fiber. Porridge contains a high amount of complex carbs, which get digested at a slow pace, unlike simple carbs. This gives you lasting energy. A 1-cup serving contains just over 27 grams of carbs. Adding fruit, honey, brown sugar or milk to your porridge will boost the carb content of your meal and increase the calories.

The nutritive values of dried okra that were used to nutrition of altagaliea /al neaimia recipe are 22 calories of okra, (0.63 cup slices), and the health benefit from calories per serving of pasta with minced meat and tomato sauce are 306 calories of pork, fresh, ground, raw, (4.10 oz), 197 calories of spaghetti, cooked without added salt (pasta), (125 grams), 45 calories of Olive Oil, (0.38 tbsp), 18 calories of tomato sauce, (0.13 can, 15 oz (303 x 406)) 5 calories of Onions, raw, (0.13 medium (2-1/2" dia)), 1 calories of Garlic, (0.13 clove), 0 calories of Pepper, black, (0.13 dash)

Some traditional food have a high nutritive value and therefore can play an important role in providing essential nutrient. they can also supplement the main dishes and improve the nutrition composition of a meal in sudan such as porridge with altagaliea or /al neaimia recipe.

Sudan recently hosted a culinary festival to promote traditional food and its producers as part of an initiative to make the country more self reliant in the face of rising food costs.

Local food is far better value for money and much more nutritious."Traditional food costs less than the take-away sandwiches. I hope that people can go back to appreciating traditional meal.



Figure 1. Alasseeda porridge with altagaliea or /al neaimia recipe, or all together

How Do Sudans Promote Their Traditional Food?

Sudan recently hosted a culinary festival to promote traditional food and its producers as part of an initiative to make the country more self reliant in the face of raising food costs, describes the significant role of traditional foods to human well-being and health. It also highlights the importance of protecting that food, using, developing and sustaining local food systems. It also provides summaries and presents possible solutions, starting with evidence on the effectiveness of that food.

Promoting the use of traditional, healthy food can be achieved by highlighting the importance consumption of traditional healthy food, highlighting the current production areas as well as exploiting further opportunities to extend their production and consumption. Local food is far better value for money and much more nutritious. Conferences can provide suitable guide to promote traditional food for overcoming malnutrition and hunger in developing countries, also will serve as an important step towards promote, conserving traditional food resources.

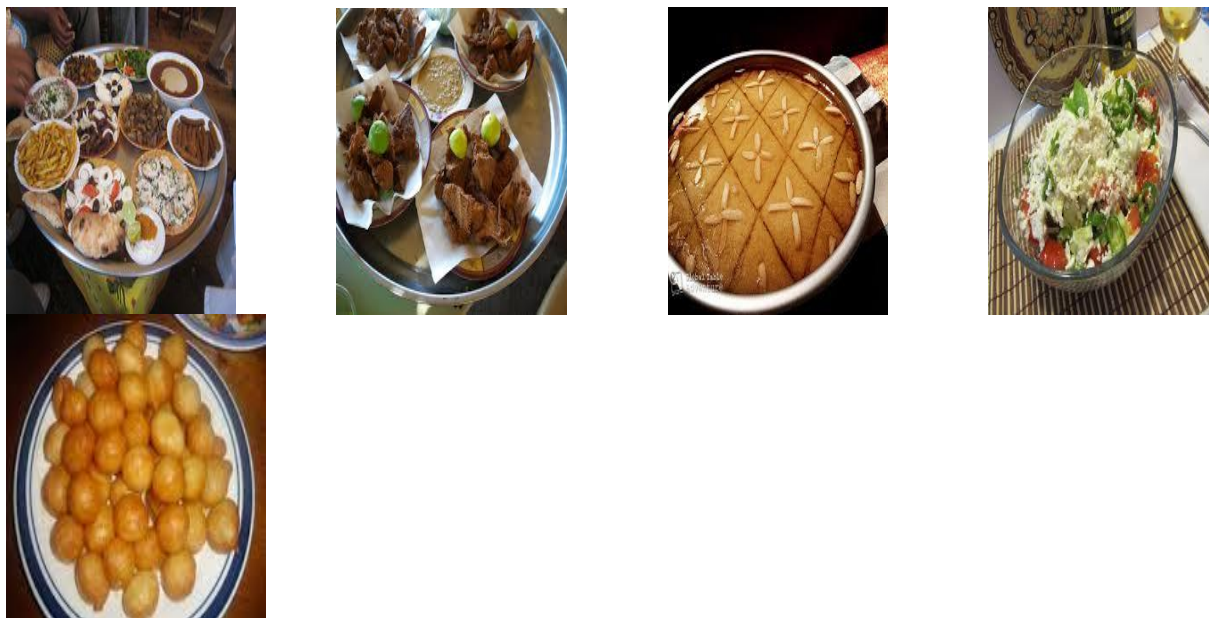


Figure 2. Different shapes of Sudanese cuisines

CONCLUSION

Some traditional food has a high nutritive value and therefore can play an important role in providing essential nutrient in Sudan, and they can also supplement the main dishes and improve the nutrition composition of a meal. Sudan started producing several types of traditional food and juices for the market. Some of these products will be in the market very soon. All of it is traditional and depends on local inputs and this is the main goal of the festival. We want to promote Sudan's traditional food so that we can achieve self-sufficiency through these local products.

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