

Health Minute™

Breadfruit is a staple food in many tropical regions. They were propagated far outside their native range by Polynesian voyagers who transported root cuttings and air-layered plants over long ocean distances. They are very rich in starch, and before being eaten they are roasted, baked, fried, or boiled. When cooked the taste is described as potato-like, or similar to fresh baked bread (hence the name).



A single breadfruit tree can yield 50-200 fruit per year. Breadfruit was one of the many plant specimens collected by Captain William Bligh of the HMS Bounty in the 18th century. Breadfruit wood is resistant to termites and worms, making it good for canoes and boats.

Breadfruit is 70% water. Breadfruit contains vitamin C, potassium, zinc, and vitamin B1. Breadfruit is used as a natural remedy for such ailments as sciatica, thrush, diarrhea, asthma, and skin infections. Crushed breadfruit leaves have been used to treat thrush.