

Zambia 2010



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Corey Kubber and four anonymous MIT students
D-Lab Fall 2009 Country Presentation

Biodigester

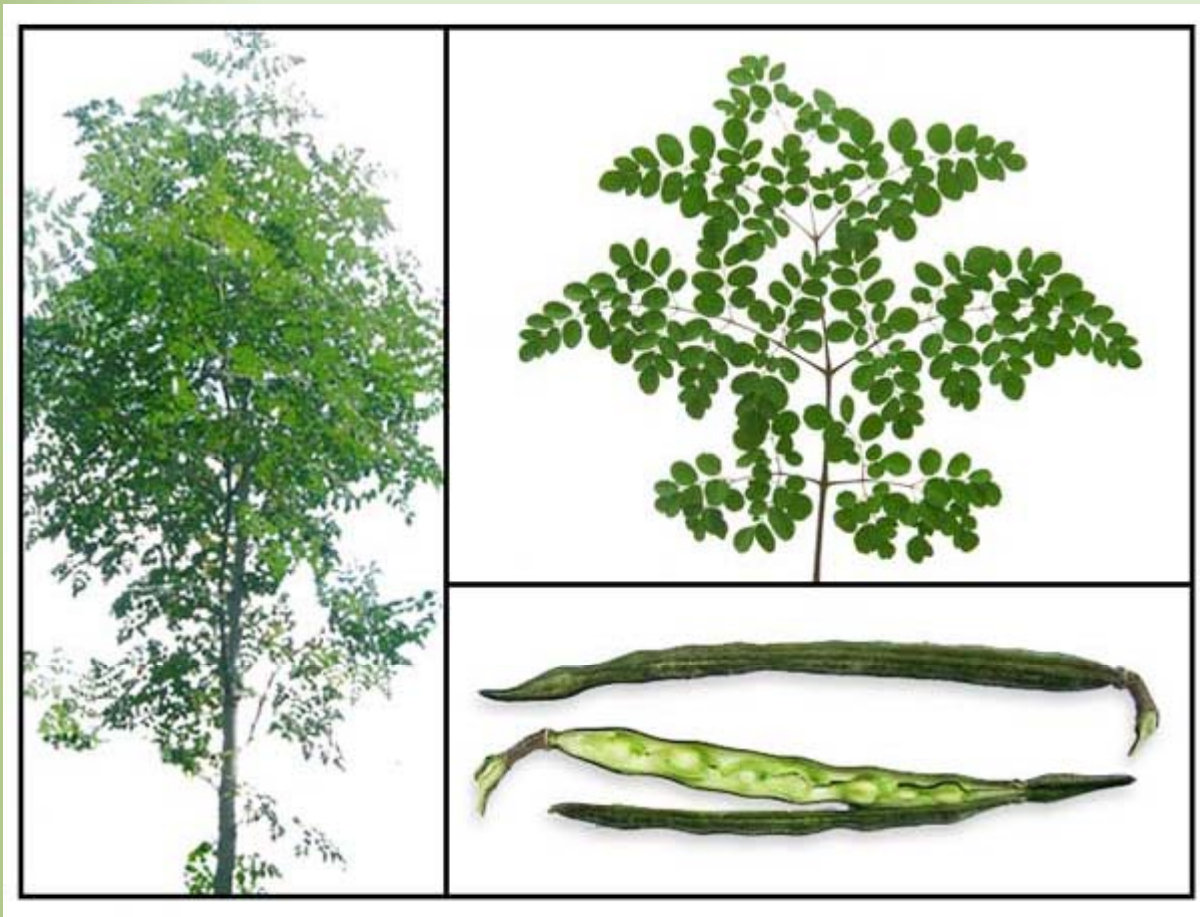


Preparation



End goal

Moringa



Courtesy of Dr. Godofredo Stuart, Compilation on Philippine Medicinal Plants, StuartXchange <http://stuartxchange.org>. Used with permission.

Moringa Facts

- 4x Vitamin A of carrots -- protects against eye/skin/heart diseases and diarrhea
- 4x Calcium of milk -- builds strong bones & teeth; prevents osteoporosis
- 3x Potassium of bananas -- essential for brain & nerve function
- 2x Protein of milk -- essential for cell function, growth, muscle
- All of the essential amino acids
- Plus a wealth of other vitamins and minerals

Part of this Complete Breakfast!

Nutrient	Unit of Measure	Daily Values	100 g Moringa Leaf Powder	% Daily Value
Vitamin A	International Unit (IU)	5000	31506	630%
Vitamin C	milligrams (mg)	60	17.3	29%
Calcium	milligrams (mg)	1000	2003	200%
Iron	milligrams (mg)	18	28.2	157%
Thiamin	milligrams (mg)	1.5	2.64	176%
Riboflavin	milligrams (mg)	1.7	20.65	1215%
Niacin	milligrams (mg)	20	8.2	41%
Phosphorus	milligrams (mg)	1000	204	20%
Magnesium	milligrams (mg)	400	368	92%
Zinc	milligrams (mg)	15	3.29	22%
Copper	milligrams (mg)	2	0.57	29%
Total Fat	grams (g)	65	2.3	4%
Potassium	milligrams (mg)	3500	1324	38%
Total carbohydrate	grams (g)	300	38.2	13%
Fiber	grams (g)	25	19.2	77%
Protein	grams (g)	50	27.1	54%

But wait..There's more!!

Amino acid	mg per kg body weight	mg per 70 kg	100 g Moringa Leaf Powder	% Daily Value
Isoleucine	20	1400	825	59%
Leucine	39	2730	1950	71%
Threonine	15	1050	1188	113%
Valine	26	1820	1063	58%

Health and Education

Coluvert + Pathscreen

Clear water	Yellow water	Yellow water that glows
Safe	Safe	Unsafe

Petrifilm Test

Materials

2 layers

Red dots	Blue dots
Safe	Unsafe

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