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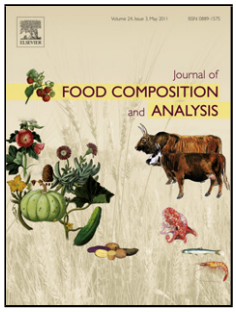

Title: The contribution of wild harvested edible insects (*Eulepida mashona* and *Henicus whellani)* to nutrition security in Zimbabwe

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Original research article:

The contribution of wild harvested edible insects (*Eulepida mashona* and *Henicus whellani)* to nutrition security in Zimbabwe.

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Highlights

- *Eulepida mashona* (EM) and *Henicus whellani* (HW) have high protein content (52%-70%).
- High tryptophan content in EM can complement limiting tryptophan in maize.
- Low fat (<10%) content in EM and HW significantly differ between sampling districts.
- Wild harvested insects can be promoted for the high iron and zinc content.
- Both species have fatty acid compositions recommended for healthier diets.