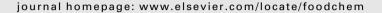
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A review of composition studies of Cameroon traditional dishes: Macronutrients and minerals

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ABSTRACT

This paper reviews published data that contributes to the knowledge of the ingredients and nutrients of Cameroon traditional dishes. Macronutrient (energy, carbohydrates, protein, total fat, fibre and ash) and mineral (iron, zinc, magnesium, calcium, phosphorus, copper, manganese, potassium, sodium and selenium) data are presented for 117 commonly consumed dishes from three eco-regions. Tables providing an overview of the main ingredients and nutrient values (range of means per 100 g edible portion) are presented. Considerable variability in nutrient values has been reported among dishes. Water contents range from 29.8 to 95.9 g/100 g edible portion while energy values range from 12 to 403 kcal/100 g. Energy yielding-constituents are the major nutrients recorded in published data, followed by iron, zinc and magnesium.

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1. Introduction

Nutrition plays an integral role in the optimal functioning of the body compared to malnutrition (including under nutrition and over nutrition) that is a health impairment resulting from a deficiency, excess or imbalance of nutrients. Most developing countries are faced with the double burden of persisting under nutrition as well as the growing epidemic of obesity, diabetes and non-communicable diseases, and Cameroon is no exception. Although consumption statistics are more and more available through national investigations (INS, 2002), studies determining associations between diet and nutrition are limited, in part because of the deficit of data on nutritional composition of commonly consumed foods and a lack of knowledge of the dietary habits. A recent study in Cameroon highlighted a lack of knowledge of the composition of healthy diets as a barrier to healthy dietary behaviours (Kiawi et al., 2006). Information to link nutrition and chronic diseases is necessary to inform consumers on healthier food choices, as consumers are becoming more health conscious and are increasingly focusing on food safety as well as their eating habits and nutrient intake (Tanya & Bah, 2009, Section 1). The consumer's involvement influences agricultural production, food chain as well as research and development programs. It is established that food choices can have a positive or negative impact on the consumer's health status (Buttriss et al., 2003; Tanya, 2009). These studies emphasise the need for greater knowledge on the composition of foods that is essential to understanding the function of nutrients in the diet.

Food composition tables or databases (FCDBs) give information on the portion, composite sample, collection and analysis of the composition of foods (Greenfield & Southgate, 2003, chap. 1) and can be used to evaluate a person's food intake and compare it to the Dietary Reference Intake. FCDBs are resources providing detailed information on the nutritional composition of foods commonly eaten, usually from a particular country. Some of the data analysed in one country could also be used in the FCDBs of other countries. Incompatibilities arise where the different countries use different sampling and analytical methods as well as different measuring units and cooking treatments. Due to these differences in nomenclature and procedures, it is obvious that these FCDBs are not international and it is important that each country has their own FCDB (Deharveng, Charrondière, Slimani, Southgate, & Riboli, 1999). Currently there is no FCDB in Cameroon and Central Africa contrary to East, South and West Africa (CTA/ECSA, 1988; FAO/

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Table 1Usual names, types and main ingredients of traditional dishes reported in Cameroon.

befuls, pieger, peiper, salt Bean-stew Bean-stew Bouiltie infantile 1 Bouiltie infantile 2 Bouiltie infantile 3 Bouiltie infantile 3 Bouiltie infantile 2 Bouiltie infan	Code	Usual names	Type	Main ingredients	References
Second continue of the conti	1	Banane-malaxée	m		Kana Sop, Fotso, et al. (2008), Kana Sop, Gouad et al. (2008)
Bouille infantile 1 m Maize paurs, sugar, milk, groundnut, egg yolk Cassavo putdling Cassavo putdling Chicles stew Chicles stew Condets Tomorigroundnut- putdling Course fail Cours		Bean-stew	S	Red bean (Phaseolus vulgaris), tomato, crayfish, onions, palm oil.	Sharma et al. (2007)
Bouillie infantile 1 m Maize flour, sugar, milk, groundnut, egg yolk Levoy (2000)		Bouillie-maïs			Ndjouenkeu et al. (1989), Kouebou et al. (2008
Bould: infamile: 2 m		Povillio infantilo 1		,	Laray (2000)
to Cassavy-fudding m. R. Cassavy-fudding m.					
Cossava putding n, Chicken-stew s Chicken, tomato Unrige banana (Mora spp.), palm oil, groundrut, salt, pepper, cow meat, compared to Condres n Unrige banana (Mora spp.), palm oil, groundrut, salt, pepper, cow meat, compared to Condres no Unrige banana (Mora spp.), palm oil, groundrut, salt, pepper, cow meat, compared to Condres no Maker Borrans to Last Spring (Area Spp.), palm oil, salt no Construction of Course of Course no Maker Borrans (Cassava palm oil, salt no Course oil (Area Spp.), palm oil, oil on, tomato, smoked fish, Annanatias leave, salt Maker tomato, observe, green herbs, garlic, pepper, cow meat, spices Sabrama et al. (2005), Ponka et al. (2006), Ponka et al. (2008), Kana Sop, Gouado, et al. (2008), Maria Spring (Course of Coundrut, palm oil, onion, tomato, smoked fish, parden eggplant leave. Spring (Coundrut, palm oil, onion, tomato, smoked fish, garden eggplant leave. Spring (Coundrut, palm oil, onion, tomato, smoked fish, garden eggplant leave. Spring (Coundrut, palm oil, onion, tomato, smoked fish, salt (Cassava paste) (Coundrut, palm oil, onion, tomato, smoked fish, salt (Cassava) (Coundrut, palm oil, onion, tomato, smoked fish, salt (Cassava) (Cassava) (Coundrut, palm oil, onion, tomato, smoked fish, salt (Cassava) (Cassava) (Coundrut, palm oil, onion, tomato, smoked fish, salt (Cassava) (Cassav					
Sharma et al. (2007) Corn chieff Condrés Corn chieff C					* *
Lufripe harmana (Muses appl.), palm oil. groundnut, salt, pepper, cow meat, moked fish or moked fish		Cassava-pudding		Raw cassava, palm oil, salt	Sharma et al. (2007)
the Condre's mother of the providing spin, Judin oil, groundnut, salt, pepper, cow meat, mother fish cornigroundnut and make groundnut, spines spin oil, salt and make groundnut, spines spin oil, spines s	;	Chicken-stew	S	Chicken, tomato	Sharma et al. (2007)
0 Com chaff)	Condrès	m		Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006)
1 Congroundnut- pudding 2 Coucouma 3 Coucouma 4 Coucouma 5 Coucouma 6 Maize froundnut (Arachis Jupgege), palm oil, onion, tomato, smoked fish, 2 Coucouma 6 Maize, comato, okra, green herbs, garlic, pepper, cow meat, spices 7 Eva 7 Eva 8 Englifatu 8 Englifatu 8 Englifatu 8 Englifatu 9 Erondo-solé 9 Erondo-solé 9 Erondo-solé 10 Erondo-solé 10 Erondo-solé 11 Fian-Ngon 9 Erondo-solé 12 Fian-Orgoualik 13 Fian-Orgoualik 14 Fian-Insqualik 15 Fian-Orgoualik 16 Fian-Orgoualik 16 Fian-Orgoualik 17 Fian-Orgoualik 18 Fian-Orgoualik 19 Egusi seed (small), palm oil, onion, tomato, smoked fish, salt 19 Erondo-solé 10 Erondo-solé 10 Erondo-solé 10 Erondo-solé 11 Fian-Orgoualik 12 Fian-Orgoualik 13 Fian-Orgoualik 14 Fian-Insqualik 15 Fian-Orgoualik 16 Fian-Orgoualik 16 Fian-Orgoualik 17 Fian-Orgoualik 18 Fian-Orgoualik 19 Coudount, palm oil, onion, tomato, smoked fish, salt 19 Fian-Orgoualik 20 Erondo-solé 21 Fian-Orgoualik 21 Fian-Orgoualik 22 Fian-Orgoualik 23 Fian-Orgoualik 24 Fian-Insqualik 25 Egusi seed (small), palm oil, onion, tomato, smoked fish, salt 26 Fian-Orgoualik 26 Fian-Orgoualik 27 Fian-Orgoualik 28 Cordoundout, palm oil, onion, tomato, smoked fish, salt 29 Fian-Orgoualik 30 Fian-Orgoualik 31 Fian-Orgoualik 40 Fian-Orgoualik 41 Fian-Orgoualik 42 Fian-Orgoualik 43 Fian-Orgoualik 44 Fian-Instate 45 Fian-Orgoualik 45 Fian-Orgoualik 46 Fian-Orgoualik 47 Fian-Orgoualik 48 Fian-Orgoualik 49 Fian-Orgoualik 40 Fian-Orgoualik 40 Fian-Orgoualik 40 Fian-Orgoualik 41 Fian-Orgoualik 42 Fian-Orgoualik 43 Fian-Orgoualik 44 Fian-Orgoualik 45 Fian-Orgoualik 46 Fian-Orgoualik 47 Fian-Orgoualik 48 Fian-Orgoualik 49 Fian-Orgoualik 40 Fian-Orgoualik 40 Fian-Orgoualik 40 Fian-Orgoualik 41 Fian-Orgoualik 41 Fian-Orgoualik 42 Fian-Orgoualik 43 Fian-Orgoualik 44 Fian-Orgoualik 45 Fian-Orgoualik 46 Fian-Orgoualik 47 Fian-Orgoualik 48 Fian-Orgoualik 49 Fian-Orgoualik 40 Fian-Orgoualik 40 Fian-Orgouality 40 Fian-Orgouality 41 Fian-Orgouality 41 Fian-Orgouality 42 Fian-Orgouality 43 Fian-Orgouality 44 Fian-Orgouality 45 Fian-Orgouality 46 F	0	Corn shaff			
2 Couccima s Groundrut (Arachis hypogeob, palm oil, onion, tomato, smoked fish, Amanamhus leave, salt mamamhus leave, salt Maize, tomato, okra, green herbs, garlic, pepper, cow meat, spices and all common spices, pepper support of the proper		Corn/groundnut-			
Amazondus leave, salt Dried fish-groundnut S Fish, groundnut, salt, onion, spices, pepper Dried fish-groundnut S Fish, groundnut, salt, onion, spices, pepper S Bobolo C Cassava tuber Coronal programme leave, cow skin, cow meat, dried fish, carden gegplant Entifus Entifus S Fish, groundnut, palm oil, onion, tomato, smoked fish, garden gggplant Leave C Groundnut, palm oil, onion, tomato, smoked fish, salt Fish-Ngon S Egusi seed, palm oil, onion, tomato, smoked fish, garden gggplant leave, salt Leave C Groundnut, palm oil, onion, tomato, smoked fish, salt Fish-Ngon S Egusi seed, palm oil, onion, tomato, smoked fish, salt Fish-Ngon S Egusi seed, palm oil, onion, tomato, smoked fish, salt Fish-Ngon S Egusi seed (small), palm oil, onion, tomato, smoked fish, salt Fish-Ongouallik S Egusi seed (small), palm oil, onion, tomato, smoked fish, salt Fish-Ongouallik S Egusi seed (small), palm oil, onion, tomato, smoked fish, salt Fish-Ongouallik S Egusi seed (small), palm oil, onion, tomato, smoked fish, salt Fish-Ongouallik S Egusi seed (small), palm oil, onion, tomato, smoked fish, salt Fish-Ongouallik S Egusi seed (small), palm oil, onion, tomato, smoked fish, salt Fish-Stew S Raw fish, tomato S Rish-stew S Raw fish, tomato Maize flour Green vegetable sauce S Griniflote G Griniflote					
3 Couscous/gembo m Maize, tomato, okra, green herbs, garlic, pepper, cow meat, spices (and 50p, Fotso, et al. (2008), Kana Sop, Couade et al. (2007) 5 Ebobolo c Cassava tuber Cassava tuber Ponica, Fokou, Leke, et al. (2007) 6 Egusi seed pudding S m Melon seed (egusi), dried fish, spices 7 Eru S Coundrut, palm eave, cow skin, cow meat, dried fish, crayfish, palm oil Permeited cassava paste, Chetum difficutum leave (and fish), spices 8 Enrifutu S Coundrut, palm unt pulp, onion, tomato, smoked fish, garden eggplant leave, stal (according to the part of th	2	Coucouma	S		Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006)
4 Dried fish-groundnut solupous solupou	3	Couscous/gombo	m		Kana Sop, Fotso, et al. (2008), Kana Sop, Gouad
5 Ebbololo C C Casava tuber Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2007) Ferman et al. (2007) Ferman et al. (2007) Farma et al. (2007) Sharma et al. (2008) Ponta, Fokou, Leke, et al. (2008), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2005), Ponta et al. (2008) Ponta, Fokou, Leke, et al. (2007) Sharma et al. (2007)	4	U	s	Fish, groundnut, salt, onion, spices, pepper	, ,
6 Egusi seed pudding sn Melon seed (egusi), dried fish, spices Sharma et al. (2007) 8 Eru/fufu m Fermented cassava paste, Gnetum africanum leave (2008). A (2008). Kana Sop, Fotso, et al. (2008) 9 Etondo-non-Salé s Groundnut, palm nut pulp, onion, tomato, smoked fish, garden eggplant leave, salt leave (2008). Fonda, Fokou, Leke, et al. (2008). Ponka et al. (2008). 10 Etondo-Salé s Groundnut, palm oil, onion, tomato, smoked fish, garden eggplant leave, salt leave (2008). Ponka et al. (2008). 11 Fian-Ngon s Egusi seed, palm oil, onion, tomato, smoked fish, salt (2006). Ponka, Fokou, Leke, et al. (2005). Ponka et al. (2006). 12 Fian-Ovngoualik s Egusi seed (small), palm oil, onion, tomato, smoked fish, salt (2006). Ponka, Fokou, Leke, et al. (2005). Ponka et al. (2006). 13 Fian-Ovngoualik s Egusi seed (small), palm oil, onion, tomato, smoked fish, salt (2006). Ponka, Fokou, Leke, et al. (2005). Ponka et al. (2006). 14 Fian-Ovngoualik s Groundnut, palm oil, onion, tomato, smoked fish, salt (2006). Ponka, Fokou, Leke, et al. (2005). Ponka et al. (2006). 15 Fish-tew s Tomato, palm oil, salt Ponka, Fokou, Leke, et al. (2007). 16 Fin-tomate s Tomato, palm oil, salt Ponka, Fokou,	5		с	Cassava tuber	Ponka, Fokou, Leke, et al. (2005), Ponka et al.
7 Eru s Gneum africanum leave, cow skin, cow meat, dried fish, crayfish, palm oil serion. Fermented cassava paste, Gnetum africanum leave serion. Fermented cassava paste, Gnetum africanum leave serion. Sharma et al. (2007) 8 Etondo-non-Salé s Groundnut, palm oil, onion, tomato, smoked fish, garden eggplant leave, salt leave serion. Sharma et al. (2005) Ronka et al. (2006) 9 Etondo-Salé s Groundnut, palm oil, onion, tomato, smoked fish, garden eggplant leave, salt serion. Sharma et al. (2005) Ponka et al. (2006) 1 Fian-Ngon s Egusi seed, palm oil, onion, tomato, smoked fish, salt Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) 2 Fian-Ongoualik s Egusi seed (small), palm oil, onion, tomato, smoked fish, salt Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) 3 Fian-Owondo s Groundnut, palm oil, onion, tomato, smoked fish, salt Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) 4 Fian-tomate s Tomato, palm oil, salt Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) 5 Fish-stew s Raw fish, tomato Sharma et al. (2007) 5 Fish-stew s Raw fish, tomato Cereal flour, Corrobnus olitorius leave, dried groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut oil Cereal flour, Corrobnus olitorius leave, dried groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil or groundnut oil Cereal flour, Corrobnus olitorius leave, dried groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil or groundnut oil Cereal flour, Corrobnus olitorius leave, dried groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil or groundnut oil Cereal flour, Corrobnus olitorius leave, dried groundnut, fored cow meat, fish, onion, potash (kilbu) cotton oil or groundnut oil Cereal flour, combato, onion, spices (fish, meat) 5 Groundnut-pudding sn Roasted groundnut, flour combato, onion, spices (fish, meat) 6 Glicoluman combato should should be combato, onion, spices (fish, meat) 7 Keleng-keleng s Green leafy vegetable (puckleberry and pumpkin le		Egysi sood mydding		Malon cood (organi) dried fich spices	• •
Evu/fufu					
9 Etondo-non-Salé s Groundnut, palm nut pulp, onion, tomato, smoked fish, garden eggplant leave, salt [2008], Nanas Sop, Gouado, et al. (2008), Ponka et al. (2005), Ponka et al. (2006), Ponka et al. (2007), Ponka et al.					. ,
leave Eleave	8	Eru/fufu	m	Fermented cassava paste, Gnetum africanum leave	* ** *** *** *** *** *** *** *** *** *
Founds-Salé S Groundmut, palm oil, onion, tomato, smoked fish, garden eggplant leave, salt Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2007), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2007), Ponka et al. (2007) Sharma et	9	Etondo-non-Salé	S		Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006)
Fian-Ngon s Egusi seed, palm oil, onion, tomato, smoked fish, salt (2005), Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Fian-Ongoualik s Egusi seed (small), palm oil, onion, tomato, smoked fish, salt (2006) Fian-Owondo s Groundnut, palm oil, onion, tomato, smoked fish, salt (2006) Fian-Owondo s Groundnut, palm oil, onion, tomato, smoked fish, salt (2006) Fish-stew s Tomato, palm oil, salt (2006) Fish-stew s Raw fish, tomato (2006) Fighra-com c Maize flour Cerchan Solution is legulated in the state of the	0	Etondo-Salé	S		Ponka, Fokou, Leke, et al. (2005), Ponka et al.
Fian-Ongoualik s Egusi seed (small), palm oil, onion, tomato, smoked fish, salt (2005), Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Fian-Owondo s Groundnut, palm oil, onion, tomato, smoked fish, salt (2006) Fish-stew s Raw fish, tomato c Maize flour c Cereal flour, Hibiscus sabdariffa leaves, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut oil cereal flour, Corchron soltrorius leave, dried groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil or groundnut oil region of cereal flour, Corchron soltrorius leave, dried groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil or groundnut oil region of cereal region of cereal region of the corchronium of the corch	1	Fian-Ngon	S	Egusi seed, palm oil, onion, tomato, smoked fish, salt	Ponka, Fokou, Leke, et al. (2005), Ponka et al.
Fian-Owondo s Groundnut, palm oil, onion, tomato, smoked fish, salt Pian-tomate s Tomato, palm oil, salt Pian-tomato, policy pian-tomato, palm oil, salt Pian-tomato, palm oil, pepper, salt, banana et al. (2007), ponka et al. (2008) Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Ponka, Fokou, Leke, et al. (2007), Ponka et al. (2007) Ponka of a Pian-tomato, policy p	2	Fian-Ongoualik	s	Egusi seed (small), palm oil, onion, tomato, smoked fish, salt	Ponka, Fokou, Leke, et al. (2005), Ponka et al.
Fian-tomate s Tomato, palm oil, salt Ponka, Fokou, Leke, et al. (2005), Ponka et al. (2006) Fish-stew s Raw fish, tomato Sharma et al. (2007) Fish-stew s Complete m Cereal flour, Hibiscus subdariffa leaves, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil groundnut oil reugwa et al. (1992), Teugwa et al. (1996), Yadang et al. (2009) Forean vegetable sauce s Green vegetable, cow meat, tomato, onion, spices, melon seed Sharma et al. (2009) Foroundnut-soup s Roasted groundnut, spices s Sharma et al. (2007) Foroundnut-soup s Roasted groundnut, spices s Sharma et al. (2007) Foroundnut-soup s Roasted groundnut, spices s Sharma et al. (2007) Foroundnut-soup s Roasted groundnut, spices s Sharma et al. (2007) Foroundnut-soup s Roasted groundnut, spices s Sharma et al. (2007) Foroundnut-soup s Roasted groundnut, fish, cow meat s Full Likeberry-sauce s Huckleberry-pumpkin leaves soup s groundnut, fish, cow meat s Full Likeberry-sauce s Huckleberry-sauce s Huckleberry-sauce s Full Likeberry-sauce s F	3	Fian-Owondo	s	Groundnut, palm oil, onion, tomato, smoked fish, salt	(2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al.
Sish-stew S	24	Fian-tomate	S	Tomato, palm oil, salt	(2006) Ponka, Fokou, Leke, et al. (2005), Ponka et al.
Fuffu-corn contri/Follere m Cereal flour, Hibiscus sabdariffa leaves, groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil, groundnut oil reugwa et al. (1992), Teugwa et al. (1996), Yadang et al. (2009) Gniri/Faba m Cereal flour, Corchorus oiltorius leave, dried groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil or groundnut oil Yadang et al. (2009) Gniri/Faba m Cereal flour, Cassia tora leave, dried groundnut, cowpea, dried cow meat, fish, onion, potash (kilbu) cotton oil or groundnut oil Yadang et al. (2009) Green vegetable sauce s Green vegetable, cow meat, tomato, onion, spices, melon seed Sharma et al. (2007) Groundnut-pudding so Roasted groundnut, tomato, onion, spices, melon seed Sharma et al. (2007) Huckleberry-pumpkin leaves soup groundnut, fish, cow meat Huckleberry-sauce s Huckleberry and pumpkin leaves), tomato, onion, spices, groundnut, fish, cow meat thus the full delberry leave, tomato, onion, spices, groundnut, fish Sharma et al. (2007) Huckleberry-sauce s Huckleberry sauce, tomato, onion, spices, groundnut, fish Sharma et al. (2007) Huckleberry-sauce s Huckleberry sapply, tomato, paper, garlic, green herbs, dried fish thus for the fish Sharma et al. (2007) Kana Sop, Fotso, et al. (2008), Kana Sop, Gouad et al. (2008) Koki-corn m Fresh maize, palm oil, salt, onion Sharma et al. (2007) Koki-corn m Fresh maize, palm oil, salt, onion, green leafy vegetable Sharma et al. (2007) Koki/plantain m Cowpea, palm oil, tomato, salt, pepper Sharma et al. (2007) Koki/plantain m Cowpea, palm oil, tomato, salt, pepper Sharma et al. (2007) Koki-corn m Fresh maize, palm oil, tomato, salt, pepper Ponka, Fokou, Leke, et al. (2008), Kana Sop, Fotso, et al. (2008), Kana Sop, Forka, et al. (2006) Kwem/manioc m Cassava leave, fresh palm nut, cassava tuber, salt Kwemp-non-salé s Palm nut pulp, onion, tomato, smoked fish, cassava tuber, tomato, Kana Sop, Fotso, et al. (2008), Kana Sop, Fotka, et al. (2006), Ponka et al. (2006)	05	Fich_ctow	c	Paw fish tomato	•
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