



# Importance of Wild food Use

Caleb Yengo Tata, MPhil Nutrition,  
Forests, Resources and People, Cameroon.





# Common wild foods in Cameroon



Bushmango



Safou/ African Plum



Fern



Njansang

(Lauren Sneyd, 2013)



Bushmeat



Eru/ Okok



Bush-onion



Termites



Pebe



Okongobong



Alakata pepper







# Nutrition and Trees Project



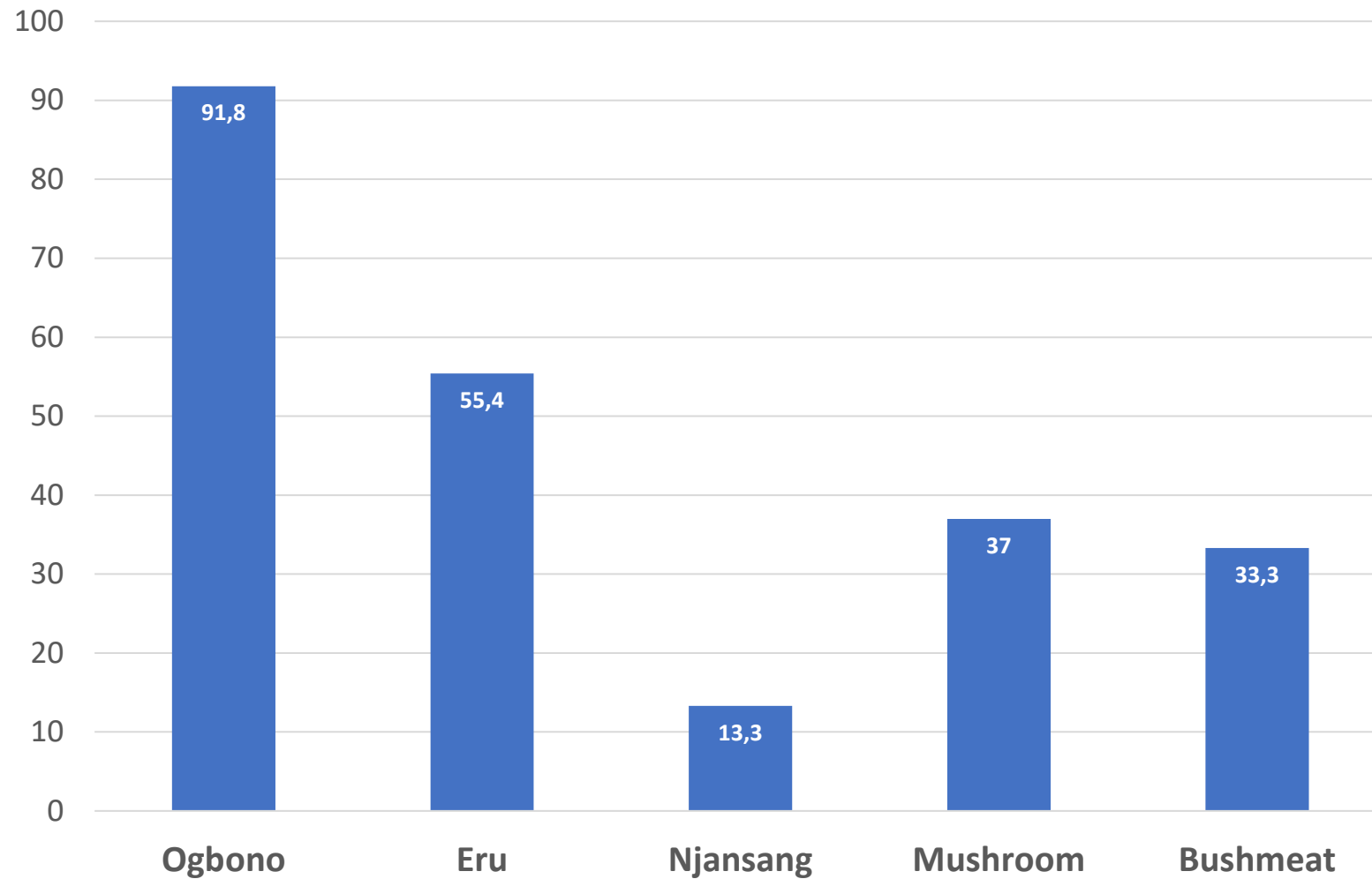
- Survey of 247 women of reproductive age from eight villages in southwest Cameroon
- In general we found very high use of forest foods



<https://journals.plos.org/plosone/article/comments?id=10.1371/journal.pone.0215281>

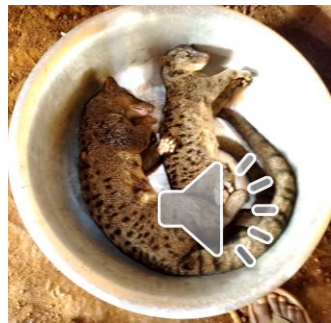


# Percentage of women who consumed wild foods in the last 24 hours





- We were trying to understand why women in areas with more forest were found to have higher adjusted hemoglobin levels and lower rates of anemia.
- We ran several models to see what could explain this difference
- We controlled for consumption of all food groups (FANTA), controlled for demographic variables, bushmeat consumption, assets, self-reported malaria, self-reported worms, and most commonly consumed forest foods and we found that the only variable that was able to explain the difference was consumption of eru!





# Conclusion

- Consumption of eru/okok accounted for the higher levels of adjusted hemoglobin in women in forest communities
  - (more studies in lab to understand how it works biochemically are necessary to really conclude that eru increases haemoglobin)
- Wild foods make important contributions to diet quality and nutrition in Cameroon





**MANY THANKS**

