Importance of Wild food Use

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Common wild foods in Cameroon

Bushmango
Safou/African Plum
Fern
Njansang
Bushmeat
Eru/Okok
Alakata pepper
Bush-onion
Termites
Pebe
Okongobong

(Lauren Sneyd, 2013)
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

- Ogbono: 91.8%
- Eru: 55.4%
- Njansang: 13.3%
- Mushroom: 37%
- Bushmeat: 33.3%
• 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