Traditional Cameroonian dishes, a nutritional diversity and an effective means to fight malnutrition

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Abstract

Malnutrition especially micronutrient deficiencies and emerging chronically diseases are public health concerns in Cameroon. Poor knowledge on food benefits and their composition is an asset for the optimal uses of available foods to maintain nutrition security. It is well known that healthy nutritional habits have beneficial effects on health. Cameroon has a plethora of nutrient-rich traditional dishes. The objective of this work was to review the nutritional benefits of traditional dishes representative of the 10 regions of the country. After a survey with 100 respondents, the traditional dishes were identified and their nutritional composition established using food composition tables. Achu and yellow soup, Eru and fufu, Ekwang, Kati-kati, Kondrè, Pounded potatoes, kwii, Rapé, Koki, Okok, Kwem, Sanga, Mbol, Egusi pouding, Ndolè, Mbongo, Kelin-kelin, Moringa sauce are some of the dishes whose nutritional benefits have been highlighted on the basis of the composition of their ingredients. They are rich in minerals and vitamins involved in the fight against micronutrient deficiency.

Image



Recent Publications (minimum 5)

1. Nkengfack, G. N., Torimiro, J. N., Ngogang, J., & Englert, H. (2013). A review of nutrition in Cameroon: Food supply, factors influencing nutritional habit and impact on micronutrient (Vitamin A, Iodine, Iron) status. HEALTH SCIENCES AND DISEASE, 12(1). Retrieved from https://www.hsd-fmsb.org/index.php/hsd/article/view/30.
2. Ponka, R., Fokou, E., Beaucher, E., Piot, M., & Gaucheron, F. (2016). Nutrient content of some Cameroonian traditional dishes and their potential contribution to dietary reference intakes. Food science & nutrition, 4(5), 696–705. https://doi.org/10.1002/fsn3.334.



Biography

DJOUHOU FOWE Michelle Carole is a Research Associate. As a scientist, her areas of interest are Food Science, Nutrition, Metabolism, Soil Bio-fertilization for Sustainable Agriculture and Food Safety. Michelle Djouhou, in addition to her academic background in Biochemistry, has followed several national and international training courses on leadership, personal development, business and entrepreneurship, data analysis and processing, scientific document writing, climate change, ethics. Involved in food processing techniques and processes allowing better valorization of food and reduction of post-harvest losses, she is also interested in the development of bio-products for plant protection against biotic and abiotic stress. Michelle Djouhou is the author of numerous scientific publications

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