



Nutrient Content of Formulated African Indigenous Vegetable Recipes

By Habwe, Florence

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Iron, Copper and Ascorbic Acid Content and Acceptability of Formulated African Indigenous Vegetable Recipes | Micronutrient deficiency in developing countries is burdening national and household resources. Changes in dietary patterns, attitudes and beliefs have led to indigenous plant foods being replaced by high-fat and energy dense animal foods. Plant foods like African Indigenous Vegetables (AIVs) are rich in micronutrients good for health, increased utilization and consumption would go a long way in alleviating hidden hunger and malnutrition. Most researchers concentrate on AIV production, yet much knowledge and practice concerning the use and ways of AIV preparation is vanishing without being passed to younger generations. This book puts together some of African indigenous vegetable recipes formulated from four commonly consumed East African AIVs which include: African nightshade (*Solanum scabrum*), Vegetable Amaranth (*Amaranthus blitum*), Slenderleaf (*Crotalaria ochroleuca*) and Cowpea (*Vigna unguiculata*). Their nutrient content (Iron, copper and ascorbic acid) and acceptability is indicated. This information is important for vegetarians, people at risk of food insecurity and those vulnerable to malnutrition especially women and children. | Format: Paperback | Language/Sprache: english | 80 pp.



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