Table 1: the main sources of nutriments in the Cameroonian diet

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| --- | --- | --- | --- |
| Group | Main source | Scientific name | Food availability |
| CarbohydrateaLipidsbProteinscVitamins/ mineralsd | CassavaCocoyams-taroSweet potatoes Yams PotatoesBananaPlantainsMaizeMilletRice Palm oilAvocadoAfrican pearPrûneSoy oil Groundnut oilCotton oilCoconutCocoaPumkin seedsBeans varietiesBambara beansBeefSheepgoatPorkSnailsBush meatPoultry Fish Schrimps Oranges MandarineLimeGrape fruitsMangoBush mangoPapayaWatermelonBananaPineappleGuava AvocadoAfrican pearPrûneColaDatteEruFolong Water leaf HuckleberryOkra &leaves)Taro leavesBitterleaf Pumkin leavesFolereCassava leavesEgg plantTomatoe OnionCarrotsCabbage  | *Manihot esculenta**Colocasia esculenta**Ipomoea batatas**Dioscoreaceae sp*.*Solamum tuberrosum Musa sapientum**Musa paradisiaca**Zea mays**Sorghum bicolor**Oryza sativa**Elaeis guineensis**Persea americana**Dacryodes edulis**Prunus domesticus**Glycine max**Arachis hypogea**Hibiscus gossypum**Cocus nucifera**Theobroma cacao**Cucurbita maxima**Vigna sp**Vigna subterranea**Bos tauros**Ovis Aries**Capra aegagrus hircus**Sus scrofa**Helix aspersa**Citrus sinensis**Citrus reticulate**Citrus aurantiifolia**Citrus paradisi**Mangifera indica**Irvignia gabonensis**Carica papaya**Citrullus, edulis**Musa sapientum**Ananas comosus**Psidium guajava**Persea americana**Dacryodes edulis**Prunus domesticus**Cola sp**Phœnix dactylifera**Gnetum africanum**Amaranthus cruentus* *Talinum triangulare* *Solanum nigrum**Hibiscus esculentus**Colocasia esculenta**Vemonia amygdalina**Curcumbita pepo**Hibiscus sabdariffa**Manihot esculenta**Solanum melongena**Lycopersicon esculentum**Allium cepa**Daucus carota**Brassica oleracea* | asf, p, sp, ssf, sf, sp, sppf, ssf, sssf, p, spc, fsp, sf, spp, sppf, p, sc, f, sf, pf, pc, pc, pfffffff, sf, sffsf, ssafpfc, f, sc, f, sc, f, sc, f, s, pc, f, sc, f, sp, spaf, sc, f,spss |
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Plateau zone (p), coastal zone (c), forest zone (f), sahelian zone (s), All 4 zones (a)