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

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| Group | Main source | Scientific name | Food availability |
| Carbohydratea  Lipidsb  Proteinsc  Vitamins/ mineralsd | Cassava  Cocoyams-taro  Sweet potatoes  Yams  Potatoes  Banana  Plantains  Maize  Millet  Rice  Palm oil  Avocado  African pear  Prûne  Soy oil  Groundnut oil  Cotton oil  Coconut  Cocoa  Pumkin seeds  Beans varieties  Bambara beans  Beef  Sheep  goat  Pork  Snails  Bush meat  Poultry  Fish  Schrimps  Oranges  Mandarine  Lime  Grape fruits  Mango  Bush mango  Papaya  Watermelon  Banana  Pineapple  Guava  Avocado  African pear  Prûne  Cola  Datte  Eru  Folong  Water leaf  Huckleberry  Okra &leaves)  Taro leaves  Bitterleaf  Pumkin leaves  Folere  Cassava leaves  Egg plant  Tomatoe  Onion  Carrots  Cabbage | *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* | a  s  f, p, s  p, s  s  f, s  f, s  p, s  p  p  f, s  s  f, s  s  s  f, p, s  p  c, f  s  p, s  f, s  p  p, s  p  p  f, p, s  c, f, s  f, p  f, p  c, p  c, p  f  f  f  f  f  f  f, s  f, s  f  f  s  f, s  s  a  f  p  f  c, f, s  c, f, s  c, f, s  c, f, s, p  c, f, s  c, f, s  p, s  p  a  f, s  c, f,s  p  s  s |
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Plateau zone (p), coastal zone (c), forest zone (f), sahelian zone (s), All 4 zones (a)