



# PRIORITY FOOD TREE AND CROP FOOD COMPOSITION DATABASE: A USER GUIDE

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**Citation:** Stadlmayr B, McMullin S, Jamnadass R. 2019. Priority Food Tree and Crop Food Composition Database: A User Guide. Version 1. Nairobi: World Agroforestry

**Photos:** World Agroforestry

Published by World Agroforestry

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ISBN: 978 9966 108 26 5

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## LIST OF ABBREVIATIONS

<b>AAS</b>	Atomic Absorption Spectrometry
<b>AOAC</b>	Association of Official Analytical Chemists
<b>CGIAR</b>	Consortium of International Agricultural Research Centres
<b>EC</b>	European Commission
<b>ECA</b>	East and Central Africa
<b>EP</b>	Edible portion (on fresh weight basis)
<b>FAO</b>	Food and Agriculture Organization of the United Nations
<b>FTA</b>	Forests, Trees and Agroforestry
<b>g</b>	gram
<b>HPLC</b>	High Performance Liquid Chromatography
<b>ICP</b>	Inductively Coupled Plasma
<b>ICRAF</b>	World Agroforestry
<b>IFAD</b>	International Fund for Agricultural Development
<b>INFOODS</b>	International Network of Food Data Systems
<b>kcal</b>	kilocalories
<b>kJ</b>	kilojoules
<b>max</b>	maximum value
<b>mcg</b>	microgram
<b>mg</b>	milligram
<b>min</b>	minimum value
<b>n</b>	number of data points
<b>ND</b>	No data
<b>NGO</b>	Non-governmental Organization
<b>RAE</b>	Retinol Activity Equivalents
<b>RE</b>	Retinol Equivalents
<b>RNI</b>	Recommended Nutrient Intake
<b>SD</b>	Standard Deviation
<b>WHO</b>	World Health Organization

## ACKNOWLEDGEMENTS

This research was funded by the European Commission (EC) and the International Fund for Agricultural Development (IFAD).

This research was carried out by World Agroforestry as part of the CGIAR Research Program on Forests, Trees and Agroforestry (FTA). FTA is the world's largest research for development program to enhance the role of forests, trees and agroforestry in sustainable development and food security and to address climate change. CIFOR leads FTA in partnership with Bioversity International, CATIE, CIRAD, INBAR, ICRAF and TBI.

FTA's work is supported by the CGIAR Trust Fund.

## 1.0 INTRODUCTION

The Priority Food Tree and Crop Food Composition database contains nutritional information of selected tree foods and crops, with geographical focus on sub-Saharan Africa. The current version (version 1) comprises 132 foods (out of 99 species) and 30 components. All component values are presented per 100 g edible portion on fresh

weight basis (EP). In addition to actual food composition values, the database includes scores for all foods – “high source”, “source”, “present, but low source”, or “not a source” – of the selected micronutrients iron, vitamin A, folate and vitamin C. Searches can be done by food name, scientific name and by food group.

**Tree foods are nutritious edible foods from trees and shrubs including fruits, vegetables, seeds, nuts and edible oils. These tree products have the potential to complement and diversify staple-based diets, thereby improving diet quality and health.**

### 1.1 Why was the Database Developed?

Food composition data play a key role in linking agriculture to nutrition. Knowing what people eat and which nutrients the consumed foods contain is key in assessing and improving diet quality and health. It is equally important for agriculture, including domestication and breeding programs to select not only high-yielding, but highly nutritious species (Welch and Graham, 1999; Toledo and Burlingame, 2006; Burlingame et al., 2009)

The database was created during the implementation of the “Food Tree and Crop” portfolios developed by World Agroforestry. The portfolios are combinations of indigenous/underutilized and exotic food tree and crop species that can potentially provide year-round nutritious foods to address harvest and nutrient gaps in local diets (McMullin et al., 2019). In order to address certain “nutrient gaps” in a site, food tree species and others were mapped with food composition data. For the portfolios, the micronutrients iron, vitamin A (expressed as retinol equivalent), folate and vitamin C were selected. These nutrients were picked

because of their public health concerns (iron, vitamin A, folate), their supportive functions (vitamin C supports the uptake of iron from plant foods) and their natural high quantity in tree foods (iron, vitamin A, folate, vitamin C).

However, the tree foods and other foods included in the portfolios contain several additional key vitamins, minerals and macronutrients that are of importance to the human body. To sustain all body functions and hence a healthy life, a well-balanced diet containing a variety of safe and nutritious foods is important. Therefore, the collection of food composition data has been extended to proximates, vitamins and minerals.

The database presents the backbone of the portfolios, but can also be used for dietary assessments, development of education and training materials, selection of nutritious species for agricultural domestication and breeding programs, and many more activities. It is a work in progress and will be updated on a regular basis.

- In the online database [www.worldagroforestry.org/products/nutrition/](http://www.worldagroforestry.org/products/nutrition/) data can be searched by food name, scientific name and by food group.
- The data can also be exported in an Excel file under “Downloads” at [www.worldagroforestry.org/products/nutrition/](http://www.worldagroforestry.org/products/nutrition/)

## 2.0 METHODOLOGY

### 2.1 How was the Database Developed?

As a first step, food composition data of species identified for inclusion in location-specific portfolios were searched in scientific articles, food composition databases and reports. Thereafter, the data were screened against a set of quality criteria and compiled, standardized and aggregated following international tools, standards and guidelines on food composition (see Figure 1).

These include:

- Food composition data management system: FAO/ INFOODS Compilation Tool Version 1.2.1. developed by Charrondiere, UR., 2009.
- Guidelines:
  - FAO/INFOODS Guidelines for Checking Food Composition Data prior to Publication of a User

Table/Database - Version 1.0 (2012) FAO, Rome

- FAO/INFOODS Guidelines for Converting Units, Denominators and Expressions Version 1.0 (2012) FAO, Rome
- Greenfield and Southgate (2003) Food composition data. Production, management and use. 2<sup>nd</sup> edition. FAO, Rome
- Standards: INFOODS Food Component Tagnames (Klensin et al., 1989)
- References available at the FAO/INFOODS website ([www.fao.org/infoods/infoods/](http://www.fao.org/infoods/infoods/))

#### Selection of species

English name	Species name
Pawpaw	<i>Carica papaya</i>
Mango	<i>Mangifera indica</i>
Waterberry	<i>Syzgium sp.</i>
Custard apple	<i>Annona reticulata</i>
Guava	<i>Psidium guajava</i>
Lemon	<i>Citrus lemons</i>
Orange	<i>Citrus sinensis</i>
Chocolateberry	<i>Vitex payos</i>
Passionfruit	<i>Passiflora edulis</i>
Desert date	<i>Balanites aegyptiaca</i>

#### Food composition data

Search for food composition data in articles, databases, reports, books

FAO / INFOODS Databases  
Food Composition Database for Biodiversity Version 2.1 - BioFoodComp2.1

Nutrient composition of selected indigenous fruits from sub-Saharan Africa  
Barbara Steffens, U. Ruth Charrondiere, Sandra Eisenwager, Rami Zaitouni and Kaja Kabischke

West African Food Composition Table  
Table de composition des aliments d'Afrique de l'Ouest  
2012

Kenya FOOD COMPOSITION TABLE

Scopus  
Document search  
Documents Authors Affiliations Advanced  
Search  
Limit

#### Data checks, compilation, aggregation and harmonization of data in database management tool

FAO / INFOODS Guidelines  
Guidelines for Checking Food Composition Data prior to the Publication of a User Table/Database Version 1.0

FAO/INFOODS: Compilation tool version 1.2.1

Food group	Food name in English	Scientific name	Process	Bibloid	Edible part	Energy (kJ)	Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre total (g)	Fibre crude (g)	Ash (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Magnesium (mg)
F	Desert date	Azadirachta indica	LR_205_L	0.23	1380	327	78.0	2.4	0.5	0.7	27.6	6.3	611	134	2000	420	150	133
F	Cherry	Prunus cerasifera	LR_216_LR_205_Caput	(13875)	41	88.8	0.3	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
F	Cherry	Prunus cerasifera	SR20006	0.88	337	78	18.4	1.6	0.2	14.7	3.0	4.4	16	0.3	302	81	1	1
F	Cherry	Prunus cerasifera	Caput (13875)	0.84	218	46	11.5	0.3	0.1	11.2	3.0	4.4	16	0.3	302	81	1	1
F	Custard apple	Annona reticulata	LR_216_LR_205_Caput	(13875)	41	88.8	0.3	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
F	Custard apple	Annona reticulata	SR20006	0.56	438	108	25.0	1.7	0.4	22.8	2.4	1.0	36	0.7	382	18	1	1
F	African orange	Citrus sinensis	Caput (13875)	0.64	298	95	24.0	1.6	1.7	16.0	1	4.6	13	41	172	322	38	1
F	Orange	Citrus sinensis	Caput (13875)	0.64	298	95	24.0	1.6	1.7	16.0	1	4.6	13	41	172	322	38	1
F	Orange	Citrus sinensis	Caput(13)	0.86	405	96	23.4	1.8	0.3	19.3	4.4	2	2	2	2	2	2	2
F	Jackfruit	Artocarpus heterophyllus	Caput(13)	0.29	364	91	25.0	1.6	0.5	18.0	2.2	0.9	25	0.4	386	20	1	1
F	Breadfruit	Artocarpus heterophyllus	WAZ1028	0.29	406	103	24.2	1.3	0.2	21.5	4.4	0.8	20	0.3	406	20	1	1

Figure 1: Workflow from selection of species to data compilation and aggregation in database management tool

## 2.2 Components

All component values in the database are presented per 100 g edible portion on fresh weight basis (EP)

Table 1: Overview of components included in the database

Component	Unit	INFOODS tag name	Explanation <sup>1</sup>
<b>Proximates</b>			
Edible portion coefficient		EDIBLE	Edible portion coefficient
Energy	kJ, kcal	ENERC	Energy, total metabolizable; calculated from the energy-producing components
Water	g	WATER	Water
Protein, total	g	PROTCNT	Protein, total; calculated from total nitrogen
Fat	g	FAT	Fat, method of determination unknown or mixed methods
Carbohydrate available, by difference	g	CHOAVLDF	Carbohydrates available were calculated by difference
Fibre, total dietary	g	FIBTG	Fibre, total dietary; determined gravimetrically by the AOAC total dietary fibre method
Fibre, crude	g	FIBC	Fibre, crude
Ash	g	ASH	Ash
<b>Minerals</b>			
Calcium	mg	CA	Calcium
Iron	mg	FE	Iron, total
Magnesium	mg	MG	Magnesium
Phosphorus	mg	P	Phosphorus
Potassium	mg	K	Potassium
Zinc	mg	ZN	Zinc
Copper	mg	CU	Copper
<b>Vitamins</b>			
Vitamin A (retinol equivalents)	mcg	VITA	Vitamin A; calculated by summation of the vitamin A activities of retinol and the active carotenoids.  $\text{VITA (mcg)} = \text{Retinol (mcg/100 g EP)} + \text{beta-carotene (mcg/100 g EP)/6} + \text{alpha-carotene (mcg/100 g EP)/12} + \text{beta-cryptoxanthin (mcg/100 g EP)/12}$
Vitamin A (retinol activity equivalents)	mcg	VITA_RAE	Vitamin A; calculated by summation of the vitamin A activities of retinol and the active carotenoids  $\text{VITA\_RAE (mcg)} = \text{Retinol (mcg/100 g EP)} + \text{beta-carotene (mcg/100 g EP)/12} + \text{alpha-carotene (mcg/100 g EP)/24} + \text{beta-cryptoxanthin (mcg/100 g EP)/24}$
Retinol	mcg	RETOL	Retinol
Beta-carotene equivalents	mcg	CARTBEQ	Beta-carotene equivalents
Beta-carotene	mcg	CARTB	Beta-carotene
Alpha-carotene	mcg	CARTA	Alpha-carotene

<sup>1</sup> [www.fao.org/fileadmin/templates/food\\_composition/documents/upload/PART4.TXT](http://www.fao.org/fileadmin/templates/food_composition/documents/upload/PART4.TXT)

Component	Unit	INFOODS tag name	Explanation <sup>1</sup>
Beta-cryptoxanthin	mcg	CRYPXB	Beta-cryptoxanthin
Vitamin E	mg	VITE	Vitamin E; calculated by summation of the vitamin E activities of the active tocopherols and tocotrienols
Alpha-tocopherol	mg	TOCPHA	Alpha-tocopherol
Thiamine	mg	THIA	Thiamin, vitamin B1
Riboflavin	mg	RIBF	Riboflavin, vitamin B2
Niacin	mg	NIA	Niacin, preformed
Vitamin B6	mg	VITB6-	Vitamin B6, method of determination unknown or mixed methods
Folate, total	mcg	FOL	Folate, total
Vitamin C	mg	VITC-	Vitamin C, method of determination unknown or mixed methods

### 2.2.1 Proximates and related compounds/factors

**Energy (ENERC):** The metabolizable energy values of all foods are presented in both kilojoules (kJ) and kilocalories (kcal). All energy values presented in the database are

calculated based on protein, fat, available carbohydrates, fibre and alcohol by applying the energy conversion factors.

Table 2: Energy conversion factors

Component	kJ/g	kcal/g
Protein	17	4
Fat	37	9
Carbohydrates, available	17	4
Dietary fibre	8	2
Alcohol*	29	7

\*It was assumed that the alcohol content in all foods was zero

**Water (WATER):** Water is generally measured as the loss of weight after drying the sample to constant weight. Values presented in the database were mostly described to be derived by physical removal of water via air oven.

**Protein, total (PROTCNT):** Protein total is calculated by multiplying the nitrogen values with nitrogen to protein conversion factors (Jones factors). In the database, different nitrogen conversion factors were applied, depending on the food group and/or food. For the food groups: fruits, vegetables, starchy roots and tubers and pulses, the nitrogen to protein conversion factor of 6.25 was applied. In the food group cereals, the factor 5.83 was applied for millet and 5.95 for rice; 6.25 was used for all other food items within the cereal group. In the food group nuts and seeds, 5.30 was applied as nitrogen to protein conversion

factor for all foods, apart from groundnuts (5.46). The nitrogen to protein conversion factors were retrieved from FAO/INFOODS Guidelines for Converting Units, Denominators and Expressions, Version 1.0.

**Fat (FAT):** The fat values for the foods included in the database was derived by mixed solvent extraction, or by continuous extraction (Soxhlet method). In some cases, the method of determination was unknown.

**Carbohydrate, available (CHOAVLDF):** Carbohydrates available were calculated by difference as follows: 100 - (water + protein + fat + ash + fibre + alcohol). Alcohol was estimated at zero for all foods in the database.

**Fibre (FIBTG, FIBC):** The database mostly contains values for total dietary fibre (FIBTG). However, in cases where no

value of total dietary fibre was available, crude fibre values (FIBC) were taken. Generally, crude fibre values should not be used, as they underestimate the fibre value in a food.

**Ash (ASH):** The ash content of foods presented in the database is determined through gravimetric methods.

### 2.2.2 Minerals

The following minerals are included in the database: calcium, copper, iron, magnesium, phosphorus, potassium and zinc. Atomic absorption spectrometry (AAS), inductively coupled plasma (ICP), ICP-mass spectrometry and colorimetric methods were reported as methods of analysis by the different sources.

### 2.2.3 Vitamins

#### Water-soluble vitamins

**Thiamin (THIA):** Values have been analysed using microbiological methods and/or HPLC.

**Riboflavin (RIBF):** Microbiological methods and HPLC were reported as methods of analysis by the different sources.

**Niacin (NIA):** Niacin preformed values are included in the database.

**Folate (FOL):** Most of the foods included in the database were analysed by microbiological assay, as reported in the different sources. This method captures total folate in a food.

**Vitamin B6 (VITB-):** Microbiological methods and HPLC were reported in the sources as methods of analysis for vitamin B6.

**Vitamin C (VITC-):** Vitamin C values included in the database were analysed either via titrimetry or HPLC.

#### Fat-soluble vitamins

**Vitamin A and Carotene (VITA, VITA\_RAE, CARTB, CARTBEQ, CARTA, CRYPXB, RETOL):** Carotene values presented in the database were mostly analysed via HPLC, as reported in the different sources. As the database

contains only plant foods, the estimated value of retinol was zero for all foods. Vitamin A activity was calculated based on retinol and vitamin A-active carotenoids. It was expressed as retinol equivalents (RE) and as retinol activity equivalents (RAE).

#### Vitamin A in retinol equivalents, RE (VITA) are

**calculated as follows:** Vitamin A in retinol equivalents (mcg/100 g EP) = Retinol (mcg/100 g EP) + beta-carotene (mcg/100 g EP)/6 + alpha-carotene (mcg/100 g EP)/12 + beta-cryptoxanthin (mcg/100 g EP)/12

#### Vitamin A in retinol activity equivalents, RAE (VITA\_

**RAE): was calculated as follows:** Vitamin A in retinol activity equivalents (mcg/100 g EP) = Retinol (mcg/100 g EP) + beta-carotene (mcg/100 g EP)/12 + alpha-carotene (mcg/100 g EP)/24 + beta-cryptoxanthin (mcg/100 g EP)/24

#### Beta-carotene equivalents (mcg) (CARTBEQ): was

**calculated as follows:** beta-carotene equivalents (mcg/100 g EP) = beta-carotene (mcg/100 g EP) + alpha-carotene (mcg/100 g EP)/2 + beta-cryptoxanthin (mcg/100 g EP)/2

**Vitamin E (VITE, TOCPHA):** Values included in the database were analysed via HPLC. They include total vitamin E values and alpha-tocopherol.

## 2.3 Cooked Foods

While fruits are generally consumed raw, other parts from trees and shrubs, e.g., leafy vegetables and pulses, are consumed after preparation and/or processing. Hence, in addition to raw foods, the database also contains cooked foods, mostly boiled, for vegetables, cereals, pulses and starchy roots and tubers. For the following foods, the boiled form was calculated based and the raw form by applying retention and yield factors (see Table 3). Other boiled foods not listed in the table were borrowed directly from other sources.

### 2.3.1 Yield factors

Table 3: Food items calculated in the database (from raw to boiled), including yield factors

Food code	Food name in English	Scientific name	Yield factor	Source
<b>Vegetables, green leafy vegetables</b>				
V0019	Cat's whiskers, leaves, boiled	<i>Cleome gynandra</i>	0.98	Bognár, 2002 (Leafy vegetables, boiled)
V0021	Amaranth spinach, leaves, boiled	<i>Amaranthus hybridus</i>	0.98	
V0023	Wild spinach, leaves, boiled	<i>Amaranthus dubius</i>	0.98	
V0002	Drumstick leaves, boiled	<i>Moringa oleifera</i>	0.98	
V0026	Drumstick pods, boiled	<i>Moringa oleifera</i>	0.98	
<b>Starchy roots and tubers</b>				
S0016	Plantains, (yellow and green), boiled	<i>Musa paradisiaca</i>	1.00	Bognár, 2002 (Potato, without peel, boiled)
S0017	Plantains, yellow, boiled	<i>Musa paradisiaca</i>	1.00	
<b>Cereals</b>				
C0010	Finger millet, boiled	<i>Eleusine coracana</i>	2.40	Bognár, 2002 (Millet, shacked corn, boiled)

### 2.3.2 Retention factors

Table 4: Retention factor, minerals and vitamins

Retention factors	Food group/food		
	Vegetable or vegetable product, Leafy vegetables, cooked by moist heat	Starchy root or potato, cooked by moist heat	Rice or other grain, whole, cooked by moist heat
<b>Minerals</b>			
K	78	88	90
Ca	97	97	100
Mg	83	95	100
P	95	96	98
Fe	85	96	100
Cu	98	95	100
Zn	88	95	98
<b>Vitamins</b>			
VITA	90	93	93
CAROT	90	93	93
VITE	100	100	100
VITB1	78	84	63
VITB2	83	93	88
NIA	80	87	85
VITB6	80	83	65
FOL	60	65	75
VIT C	52	79	70

**Source:** Vásquez-Caicedo AL, Bell S, Hartmann BM. 2008. Report on collection of rules on use of recipe calculation procedures including the use of yield and retention factors for imputing nutrient values for composite foods, EuroFIR Network of Excellence.

## 3.0 DATA QUALITY

The figures presented in the database were derived from secondary literature, including food composition databases, scientific articles, books and reports. The literature source where the nutrient values were obtained is indicated at food level with the BibliolD code. The full reference is presented under the Bibliography. Much of the food composition data, particularly vitamins and minerals of underutilized or indigenous species, were either not available in the literature, obsolete or not of good quality. The objective was to include data primarily from sub-Saharan Africa. However, where good quality data was not available, the figures utilized were from outside Africa. The database is a work in progress, and it is hoped that in future, more analytical, good quality data will be included.

Quality checks were conducted at each database level, and the “FAO/INFOODS Guidelines for Checking Food Composition Data prior to Publication of a User Table/ Database – Version 1.0.” was applied.

### 3.1 Value Documentation and Statistics

The foods represent arithmetic mean values of the collected compositional data derived from different sources. In addition to the arithmetic mean, the minimum value (min), the maximum value (max), the standard deviation (SD) and the number of data points (n), are presented in cases where adequate data were available. The number of data points refers to the number of different data sources and/or the

number of data points within one reference. No weighted mean was calculated due to lack of data.

### 3.2 Formats

The data are available in the online database: [www.worldagroforestry.org/products/nutrition/](http://www.worldagroforestry.org/products/nutrition/) and can be downloaded as an Excel file on the same page.

The Excel database contains five datasheets:

- 1. Information:** Includes a general introduction of the database
- 2. UserDB:** Food composition data for proximates, minerals and vitamins, including statistics (mean, min, max and n) per component. All data are expressed per 100 g EP on fresh weight basis
- 3. UserDB\_abbrev:** Food composition data for proximates, minerals and vitamins. No statistics included. All data are expressed per 100 g EP on fresh weight basis
- 4. Scoring:** Instead of actual numbers, scores are presented, for whether the respective food is a high source, a source, present but low source or no source, or whether no information was available
- 5. Bibliography:** All references, including their bibliolD for cross-checking among the other datasheets are included

## 4.0 SCORES

To simplify the nutrient content information, scores have been calculated for all foods: “high source”, “source”, “present, but low source”, or “not a source” of the selected micronutrients iron, vitamin A, folate and vitamin C.

### 4.1 Explanation of Scores

The thresholds for “high source” and “source” are based on FAO/WHO (2007): Codex Alimentarius Commission, Food Labelling. Fifth edition. Rome. Recommended nutrient intakes (RNI) used in the calculation of the scores are based on FAO, WHO (2004): Vitamin and mineral requirements in human nutrition: report of a joint FAO/WHO expert consultation. Second edition. WHO, FAO.

**Table 5: Explanation of scores: minerals and vitamins (except vitamin C)**

+++	++	~		
high source	source	present, but low source	not a source	no data available
≥ 30 % of RNI	15-29% of RNI	5-14% of RNI	< 5 %	ND (no data available)
FAO/WHO (2007)	FAO/WHO (2007)	own adaptation	own adaptation	own adaptation

**Table 6: Explanation of scores: Vitamin C**

+++	++	~		
high source	source	present, but low source	not a source	no data available
≥ 100 % of RNI	40-99% of RNI	10-39% of RNI	< 10%	ND (no data available)
own adaptation	own adaptation	own adaptation	own adaptation	own wadaptation

### 4.2 Recommended Nutrient Intake

Values for recommended nutrient intakes (RNI) for iron, vitamin A (retinol equivalent), folate and vitamin C were adopted from FAO, WHO (2004): Vitamin and mineral requirements in human nutrition: report of a joint FAO/WHO

expert consultation. Second edition. WHO, FAO. Average values for females and males were calculated and applied to the Scoring.

**Table 7: Overview of recommended nutrient intakes for selected groups and components**

Component	RNI	Group
Iron <sup>2</sup>	9.1 mg/d	Males (18+ years)
	19.6 mg/d	Females (18+ years)
	14 mg/d	Average males, females (18+ years)

<sup>2</sup> Iron: RNI for dietary bioavailability of 15%

Component	RNI	Group
<b>Vitamin A<sup>3</sup></b> (retinol equivalent = retinol + 1/6 beta-carotene + 1/12 alpha-carotene + 1/12 beta-cryptoxanthin)	500 mcg/d	Females (19-65 years)
	600 mcg/d	Females, males (65+ years)
	600 mcg/d	Males (19-65 years)
	<b>575 mcg/d</b>	<b>Average males, females (19-65+ years)</b>
<b>Folate<sup>4</sup></b> (dietary folate equivalents = mcg of food folate + (1.7x mcg of synthetic folic acid)	<b>400 mcg/d</b>	<b>Adults (19-65 years)</b>
<b>Vitamin C</b>	<b>45 mg/d</b>	<b>Adults (19-65 years)</b>

### 4.3 Example of a Portfolio

The scores are primarily used for ICRAF's Food Tree and Crop Portfolios to highlight the micronutrient supply of various food tree and crop species (see Figure 2).



		Months of food insecurity																			
	Common Name	Food part used, preparation	Scientific Name	Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec												Iron (mg)	Vitamin A* (mcg)	Folate (mcg)	Vitamin C (mg)		
				Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec						
Fruits	Bananas	Bananas/Plantains, yellow, raw	<i>Musa x paradisiaca</i> <sup>**2, *3</sup>															~	++	~	++
	Bananas	Bananas/Plantains, green, raw	<i>Musa x paradisiaca</i> <sup>**2, *3</sup>															~	~	~	++
	Loquats	Loquat, pulp, raw	<i>Eriobotrya japonica</i>															~	+++		
	Avocado	Avocado pulp, raw	<i>Persea americana</i> <sup>**1</sup>															~		~	~
	Thorn Melon	Thorn melon/Kiwano fruit, raw	<i>Cucumis metuliferus</i> <sup>*2</sup>															~			
	Oranges	Orange, raw	<i>Citrus sinensis</i> <sup>**1</sup>																	~	+++
	Purple Passion	Passion fruit, purple, raw	<i>Passiflora edulis</i> <sup>*1</sup>															~	++		++
	Tree Tomatoes	Tamarillo, raw	<i>Solanum betaceum</i>															~	++		++
	Guava	Guava, pulp, raw	<i>Psidium guajava</i>															~	~		+++
	Lemon	Lemons, raw	<i>Citrus limon</i>																		+++
	Bush plum	Karonda fruit, raw	<i>Carissa spinarum</i> <sup>**3</sup>															++			+++
Mulberry	Mulberry, raw	<i>Morus alba</i>															~	++		~	
Wild berry		<i>Rhus natalensis/vulgaris</i>																			
Annona	Custard apple, raw	<i>Annona reticulata</i>															~			++	
Vegetables	Stinging nettle		<i>Urtica mquassaica</i>																		
	Pumpkin leaves	Pumpkin, leaves, boiled	<i>Cucurbita maxima</i>														++	++	~		
	Cabbages	Cabbage, boiled	<i>Brassica oleracea</i>																~	++	
	Amaranths	Amaranth leaves, boiled	<i>Amaranthus caudatus</i>														+++	+++	~	++	
	Black night shade	Black night shade, leaves, raw	<i>Solanum nigrum</i>														+++	+++		~	
Pulses	Beans	Bean, mature, whole, water-soaked, boiled	<i>Phaseolus vulgaris</i> <sup>**2, *2</sup>														~		++		
	Cowpeas	Cowpea, mature, whole, water-soaked, boiled	<i>Vigna unguiculata</i>														~		++		
	Dolichos	Hyacinth bean, mature, whole, water-soaked, boiled	<i>Lablab purpureus</i>														~				
	Peas	Pea, mature, whole, boiled	<i>Pisum sativum</i> <sup>*1</sup>														~		~		
Staples	Cassava	Cassava, tuber, boiled	<i>Manihot esculenta</i>														~			++	
	Maize	Maize, sweet, yellow, boiled	<i>Zea mays</i> <sup>**1</sup>														~	~			
	Potatoes	Potato, boiled	<i>Solanum tuberosum</i> <sup>**3, *3</sup>														~			~	
	Pumpkins	Pumpkin, boiled	<i>Cucurbita maxima</i>														~	++			
	Millet	Pear millet, whole grain boiled	<i>Pennisetum glaucum</i>														++				

\*1, \*2, \*3 = Most consumed; \*\*1, \*\*2, \*\*3 = Most sold for income generation

\* Vitamin A (calculations based on Vitamin A retinol equivalent = retinol + 1/6 beta-carotene + 1/12 alpha-carotene + 1/12 beta-cryptoxanthin). Data are expressed per 100 g fresh weight of edible portion

+++	no data available
++	high source
~	source
	present, but low
	no source

Figure 2: An example of a Food Tree and Crop Portfolio for Ngobit, Laikipia County, Kenya. This portfolio provides a recommendation for a diversity of socio-ecologically suitable indigenous/underutilized and exotic food trees and crops (vegetables, pulses and staples) that can be cultivated for addressing year-round food harvest and providing key micronutrients (Iron, Folate, Vitamins A and C) in local diets. [Green shading indicates months of available harvest] World Agroforestry/ Food Trees Project.

<sup>3</sup> Vitamin A, retinol equivalent: Data presented are referring to recommended safe intake, because of insufficient evidence to set RNI.

<sup>4</sup> Folate: Synthetic folic acid - was estimated zero for all foods in the present database

**Table 8: Overview of selected nutrients, their functions and tree food sources**

Nutrient	Functions in the human body	Tree food source
Iron	<ul style="list-style-type: none"> <li>• Consists of haem iron (source meat) and non-haem iron (source plant foods)</li> <li>• Serves as oxygen carrier in the red blood cells</li> <li>• Iron is an integral part of important enzyme systems in various tissues</li> <li>• Iron deficiency can have a negative impact on growth and cognitive development in children, with lifelong implications</li> <li>• Infants, children, adolescents, and women of childbearing age, especially pregnant women, are most at risk for iron deficiency</li> </ul>	<ul style="list-style-type: none"> <li>• Green leafy vegetables, nuts and pulses are rich sources of non-haem iron</li> <li>• The absorption of non-haem iron is lower than haem iron, but can be enhanced by vitamin C, while phytate, calcium and iron-binding phenolic compounds in tea and coffee act as iron inhibitors</li> </ul>
Vitamin A	<ul style="list-style-type: none"> <li>• Vitamin A activity consists of retinol and the vitamin A-active carotenoids, beta-carotene (highest activity), alpha-carotene and beta-cryptoxanthin, which are converted to vitamin A in the body</li> <li>• Is crucial for the visual cycle</li> <li>• Plays an important role in the maintenance of body tissues</li> <li>• Deficiencies increase the risk of blindness and infectious diseases in children</li> </ul>	<ul style="list-style-type: none"> <li>• Plant foods are sources of carotenoids, while retinol occurs in animal source foods only</li> <li>• Yellow and orange fleshed fruits or dark green leafy vegetables are the best sources of vitamin A5 in plants, due to their high content of vitamin A-active carotenoids</li> <li>• Vitamin A and its active carotenoids are substantially reduced by cooking processes like sun-drying</li> </ul>
Folate	<ul style="list-style-type: none"> <li>• Is a water-soluble vitamin belonging to the B vitamins</li> <li>• Important for the growth and maintenance of cells and tissues</li> <li>• Important for foetal development</li> <li>• Pregnant and lactating women have an increased folate requirement</li> </ul>	<ul style="list-style-type: none"> <li>• Dark green leafy vegetables, pulses and some fruits are high sources of folate</li> <li>• Stability of the water-soluble vitamin is greatly reduced when heated; prolonged cooking reduces the quantity in food</li> </ul>
Vitamin C	<ul style="list-style-type: none"> <li>• Vitamin C is an antioxidant, thus reduces the harmful actions of free radicals</li> <li>• It increases absorption of non-haem iron from plant foods in the body</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruits and vegetables, particularly green leafy vegetables, are the best sources</li> <li>• Vitamin C is reduced during storage and destroyed by heat, e.g., by prolonged cooking</li> </ul>

<sup>5</sup> Vitamin A expressed as retinol equivalent (= retinol + 1/6 beta-carotene + 1/12 alpha-carotene + 1/12 beta-cryptoxanthin)

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## 6.0 ANNEXES: OVERVIEW OF FOOD GROUPS, SPECIES AND FOOD ITEMS INCLUDED

### 6.1 Fruits

Fruits are, in addition to vegetables, pulses, nuts and whole grains, at the centre of a healthy diet. They have a high nutrient density (minerals and vitamins) and low energy content. Vitamin C is the main nutritive component in most

fruit species. Some fruits like mangoes, guava and pawpaw are also excellent sources of beta-carotene, and hence vitamin A.

Scientific name	Food items included
<b>Fruits</b>	
<i>Adansonia digitata</i>	Baobab fruit, pulp, raw
<i>Anacardium occidentale</i>	Cashew apple, raw
<i>Annona cherimola</i>	Cherimoya, pulp, raw
<i>Annona muricata</i>	Soursop, fruit pulp, raw
<i>Annona reticulata</i>	Custard apple, raw
<i>Annona senegalensis</i>	African custard apple/wild soursop, pulp, raw
<i>Annona squamosa</i>	Sugar apple, pulp, raw
<i>Artocarpus heterophyllus</i>	Jackfruit, pulp, raw
<i>Artocarpus atilis</i>	Breadfruit pulp, raw
<i>Azanza garckeana</i>	Azanza, pulp, ripe, raw
<i>Balanites aegyptiaca</i>	Desert date, fresh, raw
<i>Balanites aegyptiaca</i>	Desert date, dried, raw
<i>Berchemia discolor</i>	Bird cherry, raw
<i>Borassus aethiopum</i>	Borassus, pulp, raw
<i>Canarium schweinfurthii</i>	Black olive, raw
<i>Carica papaya</i>	Papaya, pulp, raw
<i>Carissa</i> spp. ( <i>Carissa spinarum</i> / <i>Carissa carandas</i> )	Karonda fruit, raw
<i>Casimiroa edulis</i>	White sapote, fruit, raw
<i>Citrus aurantium</i>	Orange, sour
<i>Citrus latifolia</i>	Limes, raw
<i>Citrus lemon</i>	Lemons, raw
<i>Citrus paradisi</i>	Grapefruit (pink, red), raw
<i>Citrus reticulata</i>	Tangerines, pulp, raw
<i>Citrus sinensis</i>	Orange, raw
<i>Cordia sinensis</i>	Grey-leaved saucer berry, pulp, raw
<i>Cucumis metuliferus</i>	Kiwano fruit, raw

Scientific name	Food items included
<b>Fruits</b>	
<i>Dacryodes edulis</i>	Bushbutter/African pear pulp, ripe, raw
<i>Dialium</i> sp.	Fruit, dried, raw
<i>Diospyros kaki</i>	Japanese persimmon, pulp, raw
<i>Diospyros mespiliformis</i>	African ebony, fruit, raw
<i>Dovyalis caffra</i>	Kei apple, pulp, raw
<i>Eriobotrya japonica</i>	Loquat, pulp, raw
<i>Eugenia jambos</i> / <i>Syzygium jambos</i>	Rose apple, raw
<i>Ficus sycomorus</i>	Sycamore fig, raw
<i>Flacourtia indica</i>	Indian plum, pulp, ripe, raw
<i>Garcinia kola</i>	Garcinia, fruit pulp, raw
<i>Garcinia livingstonei</i>	African mangosteen, raw
<i>Grewia</i> spp/ <i>Grewia villosa</i>	Mallow raisin, raw
<i>Hyphaene compressa</i>	Doum palm, pulp, raw
<i>Litchi chinensis</i>	Litchi, pulp, raw
<i>Mangifera indica</i>	Mango, pulp, raw
<i>Manilkara zapota</i>	Sapodilla, pulp, raw
<i>Morus alba</i>	Mulberry, raw
<i>Musa</i> spp.	Banana, raw
<i>Opuntia ficus-indica</i>	Prickly pear, pulp, raw
<i>Pappea capensis</i>	Jacket plum, pulp, raw
<i>Parinari curatellifolia</i>	Mobola plum, raw
<i>Passiflora edulis</i>	Passion fruit, purple, pulp, raw
<i>Persea americana</i>	Avocado pulp, raw
<i>Phoenix dactylifera</i>	Dates, pulp and skin, dried, raw
<i>Phoenix reclinata</i>	African wild date plum, raw
<i>Pithecellobium dulce</i>	Manila-tamarind, fruit, raw

Scientific name	Food items included
<b>Fruits</b>	
<i>Psidium guajava</i>	Guava, pulp, raw
<i>Punica granatum</i>	Pomegranate, raw
<i>Rubus pinnatus</i>	Raspberry, raw
<i>Sclerocarya birrea</i>	Marula, fruit, pulp and skin, raw
<i>Solanum betaceum/ Cyphomandra betacea</i>	Tamarillo, flesh and seeds, raw
<i>Soriendeia madagascariensis</i>	Soriendeia, raw
<i>Strychnos spinosa</i>	Monkey-orange, pulp, raw
<i>Syzygium cumini/Syzygium spp.</i>	Eugenia/Jamun, Java-plum fruit, raw

Scientific name	Food items included
<b>Fruits</b>	
<i>Syzygium guineense</i>	Water berry, raw
<i>Syzygium malaccense</i>	Mountain apple
<i>Tamarindus indica</i>	Tamarind, pulp, ripe, raw
<i>Vangueria infausta</i>	Wild medlar, pulp, raw
<i>Vitellaria paradoxa</i>	Shea fruit pulp, raw
<i>Vitex doniana</i>	Black plum, pulp, raw
<i>Ximenia americana</i>	Wild plum, raw
<i>Ziziphus mauritania</i>	Jujube pulp, raw

## 6.2 Vegetables and Green Leafy Vegetables

Vegetables are plants cultivated both as field and garden crops, both in the open and under controlled environments. The food group “vegetables” includes fruits (e.g., pumpkins, tomatoes), leaves, roots (e.g., carrots), stalks (e.g., celery) and legumes, if harvested while still green (e.g., green peas, string beans).

Vegetables constitute an important part of the diet. While low in energy, they do provide many key nutrients like vitamins and minerals. A special sub-group within the

vegetables is “green leafy vegetables”. These are key sources of micronutrients including vitamins and vitamin-active components like beta-carotene (vitamin A-active component), folate, vitamin C and minerals such as iron. Dark green leaves contain far more of these nutrients than the pale green leaves or other vegetables. For example, both amaranth and pumpkin leaves are superior to cabbage.

Scientific name	Food items included (raw)	Food items included (boiled=
<b>Vegetables</b>		
<i>Amaranthus dubius</i>	Wild spinach, leaves, raw	Wild spinach, leaves, boiled
<i>Amaranthus hybridus</i>	Amaranth, spinach, leaves, raw	Amaranth spinach, leaves, boiled
<i>Amaranthus spp.</i>	Amaranth leaves, raw	Amaranth leaves, boiled
<i>Brassica oleracea</i>	Kale, raw	Kale, boiled
<i>Brassica oleracea var. capitata</i>	Cabbage, raw	Cabbage, boiled
<i>Cleome gynandra</i>	Cat’s whiskers, leaves, raw	Cat’s whiskers, leaves, boiled
<i>Cucurbita spp.</i>		Pumpkin, boiled
<i>Cucurbita spp.</i>		Pumpkin, leaves, boiled
<i>Manihot esculenta</i>		Cassava, leaves, boiled
<i>Moringa oleifera</i>	Drumstick leaves, raw	Drumstick leaves, boiled
<i>Moringa oleifera</i>	Drumstick, pods, raw	Drumstick, pods, boiled
<i>Phaseolus coccineus</i>		Beans, runner, boiled
<i>Solanum nigrum</i>	Black nightshade, leaves, raw	
<i>Spinacia oleracea</i>	Spinach, raw	Spinach, boiled
<i>Urtica dioica</i>		Stinging Nettles, blanched
<i>Vigna unguiculata</i>	Cowpea, leaves, raw	Cowpea, leaves, boiled

### 6.3 Nuts and seeds

Nuts and seeds are nutrient-dense and provide overall unsaturated fatty acids, fibre, minerals, vitamins (vitamin E) and antioxidants. Nuts like cashew nuts included in the database also contain high amounts of protein. Nuts and

seeds are also energy-dense foods, but the consumption of nuts is associated with no weight gain and reduced risk of obesity.

Scientific name	Food items included
<b>Nuts and seeds</b>	
<i>Anacardium occidentale</i>	Cashew nut, raw
<i>Arachis hypogea</i>	Groundnuts/peanuts, raw
<i>Cocos nucifera</i>	Coconut, mature, meat/flesh, raw
<i>Cocos nucifera</i>	Coconut, immature kernel, fresh, raw
<i>Macadamia integrifolia</i>	Nuts, macadamia nuts, raw
<i>Sesamum indicum</i>	Seeds, sesame seeds, whole, dried

### 6.4 Pulses

Pulses are plant foods from the Leguminosae family. They are a sub-group of legumes and their edible seeds are consumed by both humans and animals. Pulses are protein-rich and high yielding crops in diverse climatic conditions, particularly in arid and semi-arid areas.

Moreover, they are important in agricultural cropping systems. Due to their ability to produce and fix nitrogen, they increase soil fertility thus enhancing productivity of other crops.

Pulses help to increase soil microbial biomass and activity, which improves soil biodiversity. A high soil biodiversity in

turn provides the ecosystem with greater resistance and resilience against disturbances and stress.

Pulses are important from a nutritional point of view. They are rich in protein and contain good quantities of B vitamins and dietary fibre, in addition to carbohydrates. When pulses and cereals are consumed together in one meal, they provide an optimal amino acid mixture. In addition, when combined with foods rich in vitamin C, like green leafy vegetables or fruits, the iron of pulses can be better absorbed.

Scientific name	Food items included (raw)	Food items included (boiled)
<b>Pulses</b>		
<i>Cajanus cajan</i>	Pigeon pea, mature, whole, dried, raw	Pigeon pea, mature, whole, water-soaked, boiled
<i>Lablab purpureus</i>	Hyacinth bean, mature, whole, raw	Hyacinth bean, mature, whole, water-soaked, boiled
<i>Phaseolus vulgaris</i>	Common bean, mature, whole, dried, raw	Common bean, mature, whole, water-soaked, boiled
<i>Pisum sativum</i>		Pea, mature, whole, boiled
<i>Vigna radiata</i>	Mung bean, mature, whole, dried, raw	Mung bean, mature, whole, water-soaked, boiled
<i>Vigna unguiculata</i>	Cowpea, mature, whole, dried, raw	Cowpea, mature, whole, water-soaked, boiled

## 6.5 Starchy Roots and Tubers

Cassava, sweet potato and yams are examples of the food group starchy roots and tubers. Just like cereals, they provide large quantities of carbohydrates (primarily starch) and energy, but their protein and dietary fibre content is generally low. These foods contain on average lower

quantities of minerals than whole cereal grains. However, some species like orange-flesh sweet potatoes are a good source of vitamin A-active beta-carotene.

Scientific name	Food items included (raw)	Food items included (boiled)
<b>Starchy roots and tubers</b>		
<i>Dioscorea alata</i>		Water yam, tuber, boiled
<i>Ipomea batatas</i>		Sweet potato, yellow, boiled
<i>Ipomea batatas</i>	Sweet potato, deep yellow, raw	Sweet potato, deep yellow, boiled
<i>Manihot esculenta</i>		Cassava, tuber, boiled
<i>Musa paradisiaca</i>	Plantains, yellow, raw	Plantains, yellow, boiled
<i>Musa paradisiaca</i>	Plantains, green, raw	Plantains, green, boiled
<i>Musa paradisiaca</i>	Plantains, (yellow and green), raw	Plantains, (yellow and green), boiled
<i>Solanum tuberosum</i>		Potato, boiled

## 6.6 Cereals

Cereal grains including maize, millet, sorghum, rice, barley and wheat are characterized as carbohydrates and suppliers of energy in the human diet. Depending on the type of cereal grain (species) and its processing, their micronutrient values vary greatly. While whole grains (as well as the fibrous layers) are sources of micronutrients,

including iron, zinc, B vitamins and dietary fibre, refined and polished grains (removal of fibrous layers, e.g., refined maize flour) lack these important nutrients. When cereals and pulses are consumed together in one meal, they provide an optimal amino acid mixture.

Scientific name	Food items included (raw)	Food items included (boiled)
<b>Cereals</b>		
<i>Eleusine coracana</i>	Finger millet, dried, raw	Finger millet, boiled
<i>Oryza sativa</i>		Rice, brown, boiled
<i>Oryza sativa</i>		Rice, white, boiled
<i>Oryza sativa</i>		Rice, white, polished, boiled
<i>Pennisetum glaucum</i>		Pear millet, whole grain boiled
<i>Sorghum bicolor</i>		Sorghum, whole grain, boiled
<i>Zea mays</i>		Maize, sweet, yellow, boiled

## GLOSSARY

**Biblioid:** Unique code indicating the literature source from where the nutrient values were taken. In the bibliography, the full reference of the code is provided

**EDIBLE:** The edible coefficient (EC) is the percentage weight loss when discarding the inedible weight from a food. 1.00 means the entire food is edible, while for an EC of 0.60 only 60% of the food is edible. (FAO/INFOODS, 2013: E-Learning course on food composition data. FAO, Rome)

**Food code:** Unique code, assigned to a food item

**INFOODS Tagnames:** INFOODS Component Identifier. These are unique codes or abbreviations that allow one to clearly define components using only a few characters based on a specific naming system. Its primary use is to determine whether the associated values can be compared or combined. (FAO/INFOODS, 2013: E-Learning course on food composition data. FAO, Rome)

**Mean:** arithmetic mean

**Recommended nutrient intake (RNI):** The daily intake which meets the nutrient requirements of almost all (97.5%) apparently healthy individuals in an age and sex-specific population group. Daily intake corresponds to the average over a period of time. (FAO/WHO, 2004).

**Retention factor:** The measure of the proportion of the nutrient remaining in the cooked food in relation to the nutrient originally present in the raw food (Murphy et al. 1975).

**Retinol Activity Equivalent (RAE):** The Retinol Activity Equivalent is a unit for expressing vitamin A activity. One mcg of RAE is equivalent to 1 mcg of all-trans-retinol, 12 mcg of all-trans-beta-carotene, or 24 mcg of other provitamin A carotenoids. These RAE conversion factors are based on studies that show that the conversion of provitamin A carotenoids to retinol is only half as great as previously thought.

The Priority Food Tree and Crop Food Composition database contains nutritional information on selected tree foods and crops with geographical focus on sub-Saharan Africa. Food composition data play a key role in linking agriculture to nutrition. Understanding what people eat and which nutrients the consumed foods contain is key to assessing and improving diet quality and health. It is equally important for agriculture, including domestication and breeding programs to select not only high-yielding, but highly nutritious species.

The database was created during the development of the “Food Tree and Crop” portfolios, part of the EC/IFAD-funded Food Tree and Agbiodiversity Projects. The portfolios are combinations of indigenous/underutilized, and exotic food tree and crop species that could potentially provide year-round nutritious diets to address food harvest and nutrient gaps in local diets.

The database not only presents the backbone of the portfolios, but can also be used for dietary assessments, development of training materials, and selection of nutritious species for agricultural domestication and breeding programs. It can be used by NGOs, research institutions or individuals involved in the selection of ecologically-suitable, and nutritionally-rich food trees. This is work in progress and will be updated on a regular basis.



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ISBN 978-9966-108-26-5



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