

WILD FOODS

MAKE DIETS HEALTHIER

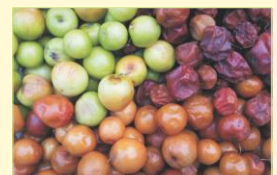
What are wild foods?

Wild foods are edible, non-domesticated plants and animals that grow without cultivation by humans. Consumption of wild foods contribute to food and nutrition security, income generation and poverty reduction.



How do they make diets healthier?

Wild foods add important nutrients and great taste to many beverages and dishes. However, they are underutilised due to the over-reliance on exotic foods. Wild foods can be used to make a variety of drinks as well as added to porridge to enrich the diets of young children and those recovering from illnesses. They can also be consumed as relish with other foods, or eaten as a snack e.g. wild fruits.



What are the nutrition and health benefits of wild foods?

Most wild foods are excellent sources of vitamin C, iron, dietary fibre and vitamin A. They also contain good amounts of plant protein and calcium. Many women and young children do not have enough iron. Inadequate amounts of iron result in low productivity, poor school performance, and difficult childbirths. Vitamin C helps the body to absorb iron from different foods eaten. Most wild foods contain high amounts of both iron and vitamin C. Wild animal foods such as caterpillars, flying termites, and grasshoppers have more protein than beef. Wild foods also contain substances needed to remove waste products in the body and prevent a range of diseases.

CIFOR - ICRAF: Piloting incentive-based agricultural portfolios for nutrition and resilience in Zambia

Know the value of some wild foods

Fruits



Baobab/ Mubuyu

It provides 54–100% of the vitamin C needed by the body. The seeds are edible and a good source of protein, oil, calcium, phosphorus and vitamin B1.



Wild Loquat/ Masuku

It is one of the most popular wild fruits available between October and December. It is a rich source of vitamin C, iron and manganese.



Tamarind/ Kawawasha

It is a good source of iron, manganese, and copper. The iron content is particularly high compared to oranges and mangoes.



African Medlar/ Ngai Ngai

Ngai ngai is one of the wild fruits highest in vitamin C. It can be processed into juice, jam and porridge, or sun dried.



Indian Jujube/ Masau

The sweet masau fruit is richer in vitamin C than the sour masau fruit. The sour fruit is richer in minerals: calcium, potassium, sodium, phosphorus, iron, copper, and zinc.



Mobola Plum/ Mpundu

They are often eaten as fruits but can also be added to porridge to feed young children. The vitamin C content (64 mg) is comparable to that of oranges (70 mg).



Monkey Orange/ Ifisongole

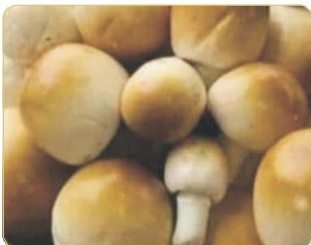
The vitamin C content of this fruit is comparable to oranges and strawberries. Note that the seeds, rind and unripe fruit are poisonous and should not be eaten.



Mfungo

They have a prune-like flavor and are among the top wild fruits consumed in Zambia. They have a low fat and protein content but are high in carbohydrates.

Vegetables



Tente (Mushroom)

Mushrooms are rich in proteins called leucine and lysine, which are lacking in many cereals. Mushroom carbohydrates have been found to fight cancer. The fat in the cell walls is important for storing vitamin D. The best way of cooking mushrooms to retain their nutritional benefits is frying.



Chifondo (Mushroom)



Amaranthus/ Bondwe

Amaranthus is an excellent source of vitamin A and iron. It has a good amount of vitamin C even after cooking. The cooked leaves are consumed as vegetable or soup.



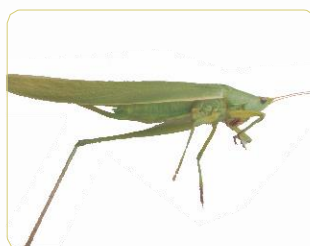
Wild okra/ Zumba

The leaves are the edible parts of this plant. They contain iron, zinc, and calcium. When dried well, they can be stored for long periods of time while retaining a good amount of nutrients.

Insects



Flying Ants/ Fulufu



Grasshopper/ Shonkonono

Insects are a good sustainable source of protein with less impact on the environment compared to traditional sources of protein such as beef, goat and milk. Insects contain higher amounts of protein per 100g (between 12g - 77g) compared to fish, chicken and beef (between 13g - 31g). Insects are also good sources of vitamin B12, iron, zinc, fibre, omega 3 and omega 6 fatty acids. Note that commercially available insects may contain excessive sodium (salt) which can cause negative health consequences. High sodium values are likely to be due to salt added by vendors.



Caterpillar/ Minkubala



Flying Ants/ Fulufu