

Inventory of neglected traditional recipes with high nutritional potential for improving vitamin A status in Benin

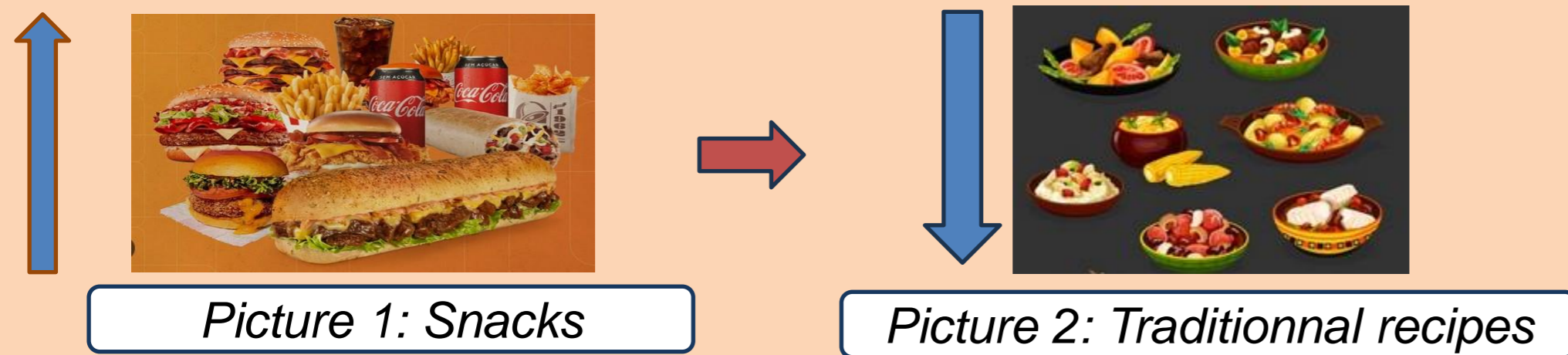


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INTRODUCTION & AIM

- Population growth favors the consumption of snacks and the abandonment of traditional recipes.



- This situation promotes deficiencies in essential micronutrients including vitamin A.
- The lack of documentation of the nutritional composition of these recipes represents a major limitation for the implementation of effective interventions against nutritional deficiencies in Benin.
- This study aims to identify endangered or neglected traditional recipes with high nutritional potential (NTRs) in Benin.

RESULTS & DISCUSSION

Women's function

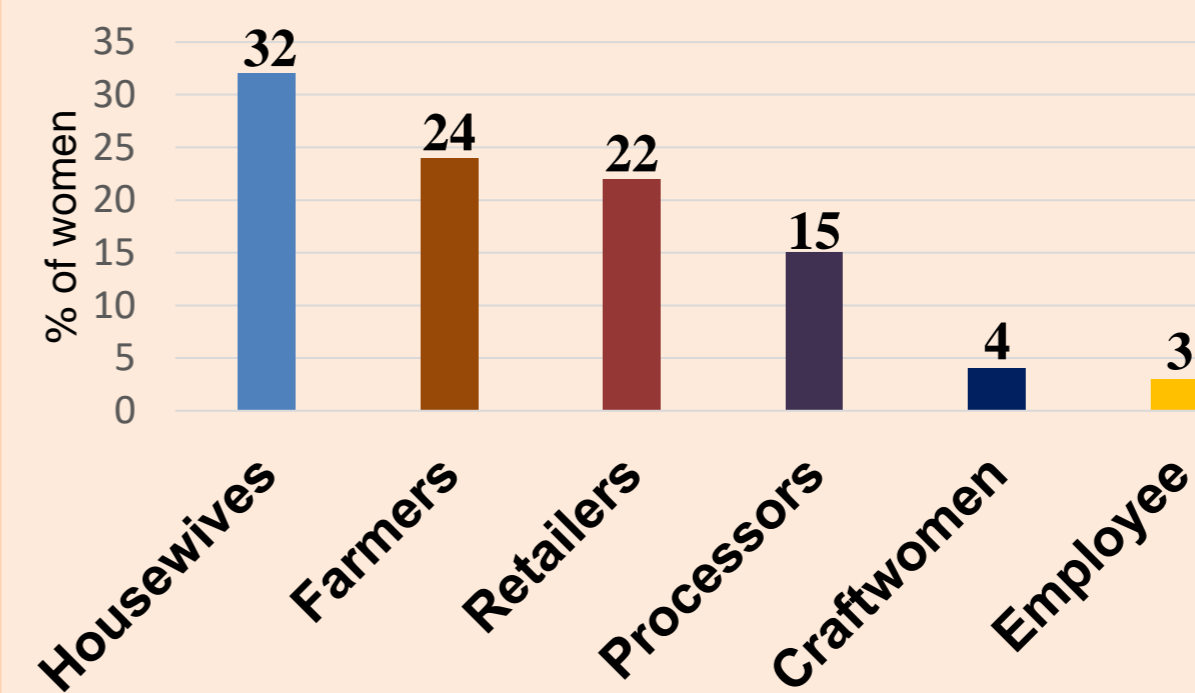


Figure 1 : Women's function (n=122)



Picture 3 : NTRs (n=181)

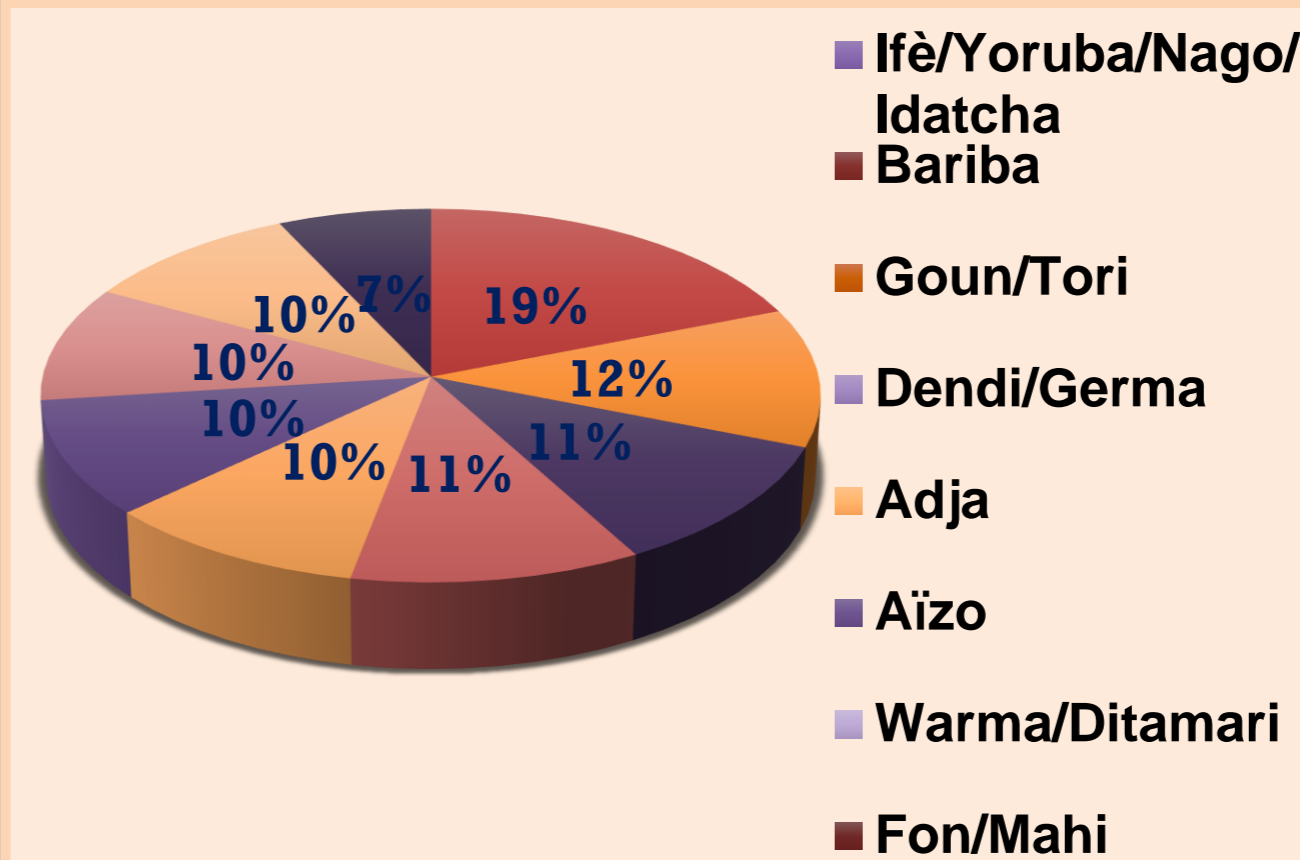
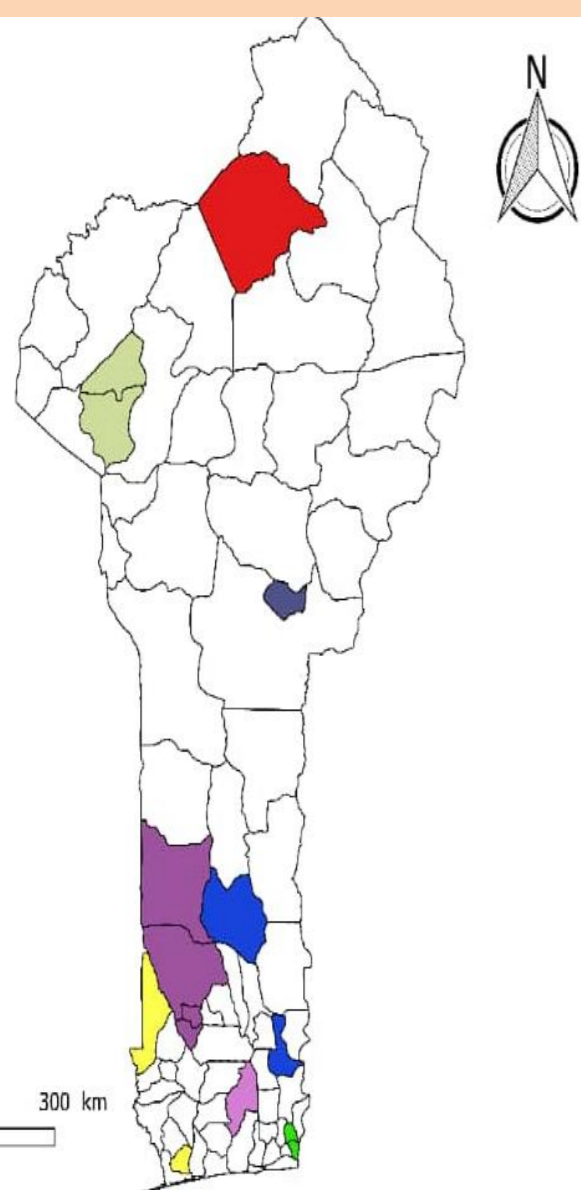


Figure 2 : proportion of NTRs by cultural area (n=181)

NTRs	Energy (Kcal)	β carotene (mcg)
Traditionnal Kia-bangu	314,4	1398,59
Improved Kia-bangu	220,8	5188,99
Traditionnal Bêoundjou	139,16	24,5
Improved Bêoundjou	89,18	9300,2
Traditionnal Afokaki	331,425	3810,755
Improved Afokaki	338,785	5993,455
Traditionnal Yoê-yoê	379,39	10336,49
Improved Yoê-yoê	309,19	13179,29
Traditionnal Stew	327	Trace
Improved stew	91	9490

Table 1 : 5 recipes NTRs improve in β carotene by OFSP

METHOD



- ✓ Descriptive exploratory study
- ✓ Qualitative survey method

Participants: Women aged ≥ 50 years

Sample size: 122 women

Data Analysis

Excel spreadsheet

- Descriptive statistics
- Inventory of the number of traditional recipes in danger of disappearing

Food composition table of West Africa (FAO 2019)

- Calculation of the theoretical nutritional value of NTRs

CONCLUSION

- ❖ A total 181 NTRs were collected in 9 cultural area and 5 NTRs were identified for use in an orange-fleshed sweet potato (OFSP) scale-up intervention to improve vitamin A status.

FUTURE WORK / REFERENCES

- ❖ Sensory and socio-cultural acceptability tests; analysis of the nutritional value of NTRs

Aworh, O. C. (2023). African traditional foods and sustainable food security. *Food Control*, 145, 109393.

G. Truong, V., Avula, R., Pecota, K., and Yencho, "Sweetpotato production, processing, and nutritional quality. Handbook of vegetables and vegetable processing 2.," 2018