

# **Nutrition**

## **Definition of food**

Food is any liquid or solid which, when chewed and/or swallowed, will cause the body to function in the following ways:

- 1 Repair worn out tissues, promote growth and reproduction and regulate body processes.
- 2 Produce heat and energy to maintain body temperature and enable the body to perform its daily functions.

The substances in food which are required to supply the needs of the body are called nutrients. Some foods contain two or more nutrients, while others contain only one.

Food nutrition is the science of food which is concerned with the nutrient content of available foods, the functions of the nutrients and their effects on the body when (a) absent; (b) present in reduced quantity; (c) present in correct proportion; and (d) present in excess.

If foods are taken daily in correct proportions from the three groups of foods, the body will be well nourished. Malnutrition is the result of the intake of incorrect proportions of nutrients. Under-nutrition is a complete lack of most of the nutrients which leads to starvation and may end in death.

## **NUTRITIONAL FOOD GROUPS**

Food can be classified generally into four main nutrient groups: proteins, carbohydrates, fats and oils and vitamins and minerals. For our purposes, fats and oils can be included under carbohydrates. The first table on the opposite page gives a summary of the functions performed by these nutrient groups.

Tables 1–9 on the following page give a classification of foodstuffs according to nutrient content, and the alternative names by which they are known.

<i>Nutritional Group</i>	<i>Function</i>	<i>Foods</i>
<b>Protein</b>	Builds the body, repairs tissues and helps growth	Meat, fish, eggs, cheese, beans, egusi, ground-nuts, etc.
<b>Carbohydrates, fats and oils</b>	Provide heat and energy	Fats and oils, sugar, butter, all starchy foods, e.g. rice, yams, cassava, etc.
<b>Minerals and vitamins</b>	Regulate body processes. Essential for the proper functioning of the other nutrients, growth of teeth, bones, skin, etc.	Fruits, green/yellow leafy vegetables, ground-nuts, pepper, fish, milk, meat, palm oil, corn.

## FOODS IN NUTRITIONAL FOOD GROUPS

### Group 1: Meat and Fish – rich in protein, vitamins and mineral salts

<i>Common name</i>	<i>Generic name</i>	<i>Other name(s)</i>
<b>(a) Domestic Animals</b>		
1 Cattle (cow, bull)	<i>Bos indicus</i> (Hausa cow) <i>Bos brachyceros</i> (Bakweric cow)	Naagel (Fulbe) Nyaa Ka (Bakweri)
2 Pig	<i>Sus scrofa</i>	Porc (F) Ngoa
3 Sheep (ram, lamb)	<i>Ovis sp.</i>	Mouton (F) Molengu
4 Goat	<i>Capra hircus</i>	Chèvre (F) Mboli
<b>(b) Game</b>		
1 Deer	<i>Cervus sp.</i>	Daim (F) Mbulu, Kavē

<i>Common name</i>	<i>Generic name</i>	<i>Other name(s)</i>
2 Antelope e.g. Eland	<i>Taurotragus oryx</i>	Antilope (F) Kavē
3 Brush-Tailed Porcupine	<i>Atherurus africanus</i>	Porc-épic (F) Ngomba Jukuju beef (P)
4 Cane Rat or Cutting grass	<i>Thryonomys swinderianus</i>	Merissan
5 Tortoise	<i>Testudo sp.</i>	Tortue (F), Ikulekule
6 Giant Rat or Pouched Rat	<i>Cricetomys gambianus</i>	
7 Putty-nosed Monkey	<i>Cercopithecus nicititans</i>	Singe (F), Kema
8 Elephant	<i>Loxodonta africana</i>	Njoku
9 Hare	<i>Lepus cumiculus</i>	Lièvre (F)
10 African Civet Cat	<i>Civettictis civetta</i>	Bush cat (Chat), Jambo Samvage
11 Bush pig	<i>Potamochoerus porcus</i>	Sanglier (F), Ngoa Wanga cochen sanvage (Fun)
12 Bush cow	<i>Syncerus caffer</i>	Buffle (Funder) Njika
13 Bush cat	<i>Felis domestica</i>	Chat, Eso
14 Bush dog		Njue
<b>(c) Poultry</b>		
1 Chicken	<i>Ovis</i>	Poulet (F), Uva
2 Duck	<i>Anas sp.</i>	Canard (F), Elela
3 Turkey	<i>Meleagris gallopavo</i>	Dindon (F)
4 Guinea fowl	<i>Numida meleagris</i>	Pintade (F), Kpaece
5 Eggs		Oeufs (F), Meco
6 Pigeon	<i>Columba sp.</i>	Pigeon (F)
<b>(d) Fish</b>		
1 Skate	<i>Raja bakis</i>	Raie (F)
2 Sole	<i>Solea solea</i>	Sole (F)
3 Salmon	<i>Salmo salar</i>	Saumon (F)

<i>Common name</i>	<i>Generic name</i>	<i>Other name(s)</i>
4 Cod	<i>Gadus morrhua</i>	Morue (F)
5 Eel	<i>Anguilla anguilla</i>	Anguille (F)
6 Mullet	<i>Mugil cephalus</i>	Mulet (F)
7 Herring	<i>Clupia harengus</i>	Bonga, welolo
8 Rock fish		
9 Ink fish		
10 Shine nose	<i>Cbinook, Shawytscha</i>	
11 Barracuda		Muawu
12 Starfish		
13 Sardine		Sardine (F)
14 Mackerel	<i>Scomber sp.</i>	Maquereau (F)
<b>(e) Shellfish</b>		
1 Water crab	<i>Cancer pagurus</i>	Crabe d'eau (F), Isose
2 Land crab	<i>Gecarcidea numei</i>	Crabe de terre (F)
3 Turtle	<i>Chelonia sp.</i>	Tortue (F)
4 Oyster	<i>Ostrea sp.</i>	Huître
5 Lobster	<i>Homarus vulgaris</i>	Lansouste
6 Shrimps	<i>Crangon vulgaris</i>	Crayfish, Njanga
7 Common Whelk or snails	<i>Buccinum undatum</i>	Bucain
8 Water and Land Snails		Koo

N.B. (F) – French

*'If your God is Dead, Try Mine.*

*He is alive.*

*If you suffer – Thank God*

*It's a sure sign that you are alive.'*

*Hulbard*

*Saker*

## Group 2: Fruits and Vegetables – rich in vitamins and mineral salts

<i>Common name</i>	<i>Botanical name</i>	<i>Other name(s)</i>
<b>(a) Fruits</b>		
1 Orange	<i>Citrus sinensis</i>	
2 Grapefruit	<i>Citrus paradisi</i>	Pomelo, Molanjo
3 Lemon	<i>Citrus limon</i>	Citron (F)
4 Lime	<i>Citrus aurantifolia</i>	Limettirt, Nyofinua
5 Tangerine	<i>Citrus reticulata</i>	Orange de Tanger (F)
6 Pineapple	<i>Ananas comosus</i>	Ananas (F), Liange
7 Pawpaw	<i>Carica papaya</i>	Papaya plant (E), Pfopfo
8 Mango	<i>Mangifera indica</i>	Mangue (F)
9 Guava	<i>Psidium guajava</i>	Goyave (F)
10 Banana	<i>Musa sp.</i>	Bananier, Mboo
11 Avocado Pear	<i>Persea americana</i>	Avocatier
12 Breadfruit	<i>Artocarpus communis</i>	Fruit à pain (F), Pfutu
13 Jack Fruit	<i>Artocarpus integrifolia</i>	Yacquires, Bele
14 Sour sop	<i>Annona muricata</i>	Corosiolier
15 Sweet sop	<i>Annona squamosa</i>	
16 Obe	<i>Pachylobus edulis</i>	Plums
17 Sugar Cane	<i>Saccharum officinarum</i>	Rehat (Fulbe), Mokoko
18 Raspberry	<i>Rubus idaeus</i>	Framboise (F), Gandanjoh
19 Mangosteen	<i>Garcinia mangostana</i>	Mangoustan (F)
20 Apple	<i>Malus pumila or sylvestris</i>	Poneminier
21 Cashew nut	<i>Anacardium occidentale</i>	Anacardier (F) Noix d'acajou (F)
22 Bitter Kola	<i>Garcinia cola</i>	Pulp Gorro (Fulbe)
23 Custard Apple	<i>Annona reticulata</i>	Coeun de brauf
<b>(b) Leafy Green Vegetables</b>		
1 Spinach	<i>Spinacia oleracea</i>	Bush green, Épinard (F)
2 Cabbage	<i>Brassica oleracea</i>	Chou (F)
3 Spring Onions	<i>Allium cepa</i>	Oignon (F) Tignéré (Fulbe)

<i>Common name</i>	<i>Botanical name</i>	<i>Other name(s)</i>
4 Lettuce	<i>Lactuca sativa</i>	Laitue (F)
5 Water Cress	<i>Nasturtium officinale</i>	Cresson (F)
6 Bitterleaf	<i>Vernonia amygdalina</i>	Ndoo
7 Bologi (Indian Spinach)	<i>Basella alba</i>	
8 Cassava leaf	<i>Manibot utilissima and palmata (sweet)</i>	Feuilles de manioc
9 Cowpea leaf	<i>Vigna unguiculata</i>	Feuilles de gumbo
10 Okro leaf	<i>Hibiscus esculentus</i>	
11 Huckleberry leaf	<i>Evo Yorab cochorus</i>	Wosangu
12 Cren cren	<i>Olitorius sp.</i>	
13 Sour leaf	<i>Sabdariffa solanum</i>	
14 Sweet Potato leaf	<i>Ipomoea batatas</i>	Dankari (Fulbe) Patate (F)
15 Pumpkin leaves	<i>Cucurbita maxima pepo</i>	Potiron (F)
16 Gourd leaf	<i>Telfairia occidentalis</i>	Ekonubong
17 Cocoyam leaf	<i>Xanthosoma and Colocasia sp.</i>	Bulumdji (Fulbe) Veembe
18 Cauliflower	<i>Brassica oleracea botrytis</i>	Chou-fleur (F)
19 Water leaf	<i>Talinum triangulare</i>	

**(c) Root vegetables – rich in carbohydrate, vitamins and mineral salts**

1 Irish potato (yellow and white)	<i>Solanum tuberosum</i>	Danhali (Fulbe)
2 Sweet Potato (yellow and white)	<i>Ipomoea batatas</i>	Patate (F), Vekpaongo
3 Cassava	<i>Manibot utilissima</i>	Manioc (F), Makpamba
4 Cocoyam	<i>Xanthosoma sagittifolium and Colocasia esculentum</i>	Macabò, Ndaa
5 White Yam	<i>Dioscorea rotundata</i>	Igname (F), Veono
6 Mamie cocoyam	<i>Colocasia esculenta</i>	Njefe
7 Water yam	<i>Dioscorea alata</i>	Igname nequense
8 Sweet yam	<i>Dioscorea dumetorum</i>	Masua
9 Chinese yam	<i>Dioscorea esculenta</i>	
10 Yellow yam	<i>Dioscorea cayenensis</i>	
11 Carrot	<i>Daucus carota</i>	

<i>Common name</i>	<i>Botanical name</i>	<i>Other name(s)</i>
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**(d) Bulbs/fruit vegetables**

1 Tomato	<i>Lycopersicum esculentum</i>	Tomate (F)
2 Tree tomato	<i>Cyphomandra betacea</i>	Plant de tomate
3 Garden egg	<i>Solanum sp.</i>	Jakato
4 Egg plant	<i>Solanum melongena</i>	Aubergine (F)
5 Onion	<i>Allium cepa</i>	Oignon (F)
6 Okro	<i>Hibiscus esculentus</i>	Gombo
7 Pumpkin	<i>Cucurbita maxima pepo</i>	Potiron, Courge (F), Liwove
8 Pepper, red, chilli	<i>Capsicum frutescens</i>	Sita (Fulbe), Vedoko
9 Pepper, black, white	<i>Piper nigrum</i>	Jowe
10 Sweet pepper	<i>Capsicum annum</i>	Porit poivron
11 Plaintains	<i>Musa sapientum var paradisiaca</i>	Kondon (Fulbe), Meko
12 Water melon	<i>Citrullus vulgaris</i>	Melon d'eau (F)
13 Egg tomato		

**(e) Stem vegetables**

1 Elephant grass	<i>Pennisetum purpureum</i>	Vekoko
2 Cabbage	<i>Brassica oleracea capitata</i>	Chou (F)
3 Mushroom	<i>Agaricus sp.</i>	Champignon (F), Njojo

**Group 3: Grain, Seeds and Nuts – rich in carbohydrate, second class protein, mineral salts and vitamins**

<i>Common name</i>	<i>Botanical name</i>	<i>Other name(s)</i>
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**(a) Grains**

1 Rice	<i>Oryza sativa</i>	Riz (F), Kondi
2 Maize	<i>Zea mays</i>	Butali (Fulbe), Corn, Mbasi
3 Corn meal	<i>Zea mays</i>	Corn rice

**Group 5: Beverages and Drinks – may contain some vitamins and stimulants**

<i>Common name</i>	<i>Botanical name</i>	<i>Other name(s)</i>
<b>(a) Beverages and Drinks</b>		
1 Tea	<i>Camellia sinensis</i>	Thé (F)
2 Coffee (Arabica, robusta)	<i>Coffea arabica</i> , <i>canephora</i>	Coffea
3 Cocoa	<i>Theobroma cacao</i>	Coco, Cacao (F)
4 Lemon Grass tea		Fever grass, Junco- dorant
<b>(b) Drinks</b>		
1 Palm wine	<i>Elaeis guineensis</i>	Vin de palme (F) Mimba ma liya
2 Raffia palm wine	<i>Raphia vinifera</i>	Vin de raphia (F)
3 Corn beer	<i>Zea mays</i>	Bière de maïs (F)
4 Corn gruel	<i>Zea mays</i>	Quacha
5 Ginger beer	<i>Zingiber officinale</i>	
6 Sorrel drink		
7 Orange squash	<i>Citrus sinensis</i>	
8 Lemon juice	<i>Citrus limon</i>	
9 Lime juice (home made)	<i>Citrus aurantifolia</i>	
10 Grapefruit squash	<i>Citrus paradisi</i>	
11 Rice water	<i>Oryza sativa</i>	Eau de riz
12 Barley water	<i>Hordeum vulgare</i>	
13 Water		L'eau

**Group 6: Miscellaneous**

<i>Common name</i>	<i>Main nutrient content</i>	<i>Other name(s)</i>
1 Sugar	Carbohydrate (glucose)	Fructose, lactose, Woombo dealtose
2 Salt	Sodium chloride	Beare, Ikpa

<i>Common name</i>	<i>Main nutrient content</i>	<i>Other name(s)</i>
3 Milk (evaporated tinned)	protein, vitamins and minerals	
A) Ideal unsweetened		
B) Condensed sweetened		
4 Powdered milk		
5 Cheese		Kouebam (Fulbe)
6 Macaroni	Carbohydrate	Macaroni (F)
7 Spaghetti	Carbohydrate	