

## LEGUMES, NUTS AND SEEDS

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<i>Afromomum danielli</i> _____	4
olima seed or ubulu-uku _____	4
<i>Cucurbita pepo</i> _____	5
mkpuru anyu, ugboguru, Pumpkin seed (English) _____	5

**COMMUNITY FOOD SYSTEM DATA TABLE # 4****Food category:** Legumes, nuts and seeds**Scientific identification:***Afromomum danielli***Local name & other common names:**

olima seed or ubulu-uku

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	29.2
Energy, Kcal	272
Protein, g	14.7
Fat, g	0.1
Carbohydrate, g	53.1
Fiber g	6.5
Ash, g	1.8
Vitamin A, RE- $\mu$ g	19.4
Vitamin A, RAE- $\mu$ g	9.7
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	116
Total carotene, $\mu$ g	-
Thiamine, mg	0.14
Riboflavin, mg	0.64
Niacin, mg	0.50
Folic acid, $\mu$ g	5.0
Vitamin C, mg	8.28
Calcium, mg	7.6
Phosphorus, mg	30.5
Iron, mg	17
Zinc, mg	2.5

**Type of procurement:****Home harvested or purchased:****Seasonality of use:** N/A**Cost of production, if known:****Importance value to the community by age/gender and other miscellaneous information:** Milled and used as a spice.**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 5****Food category:** Legumes, nuts and seeds**Scientific identification:***Cucurbita pepo***Local name & other common names:**

mkpuru anyu, ugboguru, Pumpkin seed (English)

**Part(s) used:****Preparation:** Milled dry and used for soup

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds
Moisture, g	69
Energy, Kcal	125
Protein, g	2.8
Fat, g	2.8
Carbohydrate, g	22.2
Fiber g	0.8
Ash, g	1.4
Vitamin A, RE- $\mu$ g	42
Vitamin A, RAE- $\mu$ g	21
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	251
Total carotene, $\mu$ g	-
Thiamine, mg	0.57
Riboflavin, mg	0.09
Niacin, mg	0.62
Folic acid, $\mu$ g	20
Vitamin C, mg	0.90
Calcium, mg	476
Phosphorus, mg	420
Iron, mg	0.8
Zinc, mg	2.6

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:** March - November**Cost of production, if known:****Importance value to the community by age/gender and other miscellaneous information:****Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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