

The 5 major food groups

For a balanced diet in the bush in Burkina Faso

1 - Cereals :

Millet - Sorghum - Rice - Corn – Fonio...

1 - Tubers - Roots:

Cassava - Yams - Sweet potato - Taro
- Potato...

3 - Leafy vegetables (cooked)

Baobab leaves- Hibiscus asper - Solanum
aethiopicum/incanum - Amaranth - Cowpea –
Cassava leaves – Moringa...

3 - Fruits vegetables

Okra - Solanum aethiopicum/incanum - Peppers
- Tomatoes...

2 – Legumes – Pulses

Cowpea beans - Peanut - “Soumbala”
(Parkia biglobosa) - Acacia matrostachya -
Earth pea...

2 - Animal products

Fish- Chickens - Insects...

4 - Fat and oil

Shea butter -
Peanut oil - Palm oil

5 – Raw fruits

(from bush trees)

**Baobab fruit - Mango - Saba senegalensis -
Sclerocarya birrea**

**Lanea microcarpa - Detarium microcarpum -
Diospyros mespiliformis - Vitex doniana sweet -
Ziziphus mucronata...**