

| Code | Food name in English | Scientific name | Page number |
|--------|---|--|-------------|
| 05_001 | African locust bean, fruit, pulp, raw | Parkia biglobosa | 16-18 |
| 09_001 | Anchovy, raw | Engraulis encrasicolus | 28-30 |
| 05_002 | Avocado, pulp, raw | Persea americana | 16-18 |
| 03_001 | Bambara groundnut, dried, raw | Voandzeia subterranea | 10-12 |
| 03_002 | Bambara groundnut, seeds, red, dried, raw | Voandzeia subterranea | 10-12 |
| 03_003 | Bambara groundnut, seeds, white, dried, raw | Voandzeia subterranea | 10-12 |
| 05_003 | Banana, fruit, raw | Musa sapientum | 16-18 |
| 05_004 | Baobab, fruit, pulp, raw | Adansonia digitata | 16-18 |
| 04_002 | Baobab, leaves, dried, raw | Adansonia digitata | 10-12 |
| 04_001 | Baobab, leaves, raw | Adansonia digitata | 10-12 |
| 09_002 | Barracuda, raw | Sphyraena spp. | 28-30 |
| 04_003 | Bean, raw | Phaseolus vulgaris | 10-12 |
| 07_001 | Beef liver, raw | Bos taurus | 25-27 |
| 07_002 | Beef, meat, approx. 20%fat, raw | Bos taurus | 25-27 |
| 12_001 | Beer europe (4.4% alcohol) | | 31-33 |
| 12_003 | Beer millet (estimated 3% alcohol) | | 31-33 |
| 12_002 | Beer, maize (estimated 3% alcohol) | | 31-33 |
| 12_004 | Beer, sorghum (estimated 3% alcohol) | | 31-33 |
| 05_005 | Bread fruit, raw | Artocarpus altilis/Artocarpus communis | 16-18 |
| 04_004 | Bush okro leaves, raw | Corchorus olitorius | 13-15 |
| 11_001 | Butter, cow's milk | | 31-33 |
| 04_005 | Cabbage, raw | Brassica oleracea | 13-15 |
| 04_007 | Carrot, boiled | Daucus carota | 13-15 |
| 04_006 | Carrot, raw | Daucus carota | 13-15 |
| 05_006 | Cashew apple, pulp, raw | Anacardium occidentale | 16-18 |
| 06_001 | Cashew nut, raw | Anacardium occidentale | 22-24 |
| 02_004 | Cassava flour | Manihot esculenta | 7-9 |
| 02_003 | Cassava, boiled | Manihot esculenta/Manihot utilissima | 7-9 |
| 02_002 | Cassava, dried, raw | Manihot esculenta | 7-9 |

Source adapted from:

Stadlmayr B, Charrondière UR, Enujiugha VN, Bayili RG, Fagbohoun EG, Samb B et al. (2012) *West African Food Composition Table/Table de Composition des Aliments d'Afrique de l'Ouest*. FAO, Rome.