

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, Charrondi re 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.