



Food diversity in West Africa: Case of the main traditional dishes consumed in Côte d'Ivoire

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ABSTRACT

Objective: According to regional or ethnic affiliation, Ivoirians consume a variety of traditional dishes. This study aimed to discover the dietary diversity and determine the nutritional contribution of the Ivorian traditional dishes.

Methodology and results: For that, a family food survey was conducted in forty-four localities in different regions (North, South, East, Center and West). Households from these localities were interviewed using a questionnaire. The interview focused on the preparation of the most commonly consumed traditional dishes, selected based on the consumption frequency. Then, the physico-chemical characteristics of these dishes were determined. The results showed that Ivorian traditional dishes consist mainly of starchy basic dishes and side *sauces*. The main dishes consist of tubers and roots (yam, cassava, potato) or cereals (rice, corn, millet, sorghum.) and starchy fruits (plantain). The side *sauces* are cooked from vegetables (eggplants, seeds, tomatoes, okra, leaves, peppers, peanuts, and pistachios), proteins like fish, meat, poultry, molluscs, mushrooms, seafood and spices (salt, pepper).

The Ivorian traditional dishes provide a sufficient share of carbohydrates, proteins and lipids with average contents ranging respectively between 45 to 69 %, 10 to 20 % and less than 35 % of dry matter. In addition, these dishes provided sufficient energy (373.33 to 516.78 Kcal / 100 g DM) and had low sodium, calcium and magnesium contents. Their iron contents were relatively good.

Conclusion and application of results: The Ivorian population's diets diversity is real and beneficial to them because the different dishes consumed provide the necessary nutrients for the proper functioning of the consumer's bodies. However, compliance with the principles of a good diet, particularly in terms of quantity, is essential to avoid pathologies by excess or by default.

Keywords: Dietary diversity, traditional dishes, chemical composition, Côte d'Ivoire