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NUTRIENT CONTENT OF FORMULATED AFRICAN INDIGENOUS VEGETABLE RECIPES



Nutrient Content of
Formulated African
Indigenous Vegetable
Recipes
Iron, Copper and Ascorbic Acid Content
and Acceptability of Formulated African
Indigenous Vegetable Recipes

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Iron, Copper and Ascorbic Acid Content and Acceptability of Formulated African Indigenous Vegetable Recipes | Micronutrient deficiency in developing countries is burdening national and household resources. Changes in dietary patterns, attitudes and beliefs have led to indigenous plant foods being replaced by high-fat and energy dense animal foods. Plant foods like African Indigenous Vegetables (AIVs) are rich in micronutrients good for health, increased utilization and consumption would go a long way in...

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- Authored by Habwe, Florence
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