**Supplementary Materials**

Supplemental Table 1: Forest-sourced foods of southern and eastern Cameroon by 279 respondents in May 2012

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Botanical family  | Scientific name  | Local/common name  | Form eaten  | Part eaten |
| 1. Zingiberaceae
 | *Aframomun spp* | Atanga | Cooked | Fruit |
| 1. Huaceae
 | *Afrostyrax lepidophyllus* | Rondelle | Raw  | Leaves/fruits |
| 1. Liliaceae
 | *Allium cepa* | Wild onions†  | Raw/Cooked | Bulb/leaves  |
| 1. Amaranthaceae
 | *Amaranthus hybridus* | Folon | Cooked | Leaves  |
| 1. Bromeliaceae
 | *Ananas spp* | Wild pineapples † | Raw  | Fruit  |
| 1. Annonaceae
 | *Annonidium mannii* | Corrosol Sauvage | Cooked | Fruits/leaves |
| 1. Sapotaceae
 | *Baillonella toxisperma* | Moabi | Raw/Cooked | Fruits |
| 1. Burseraceae
 | *Canarium occidentale* | Fruits Noir | Raw/Cooked | Leaves  |
| 1. Solanaceae
 | *Capsicum spp* | Pepper† | Raw/ Cooked | Fruits |
| 1. Caricaceae
 | *Carica papaya* | Pawpaw† | Raw | Fruits |
| 1. Rutaceae
 | *Citrus spp* | Lemons† | Raw | Fruit |
| 1. Rutaceae
 | *Citrus spp* | Tangerine†  | Raw  | Fruits |
| 1. Rutaceae
 | *Citrus spp* | Orange† | Raw | Fruits  |
| 1. Rubiaceae
 | *Coffea spp* | Coffee† | Cooked | Berry |
| 1. Sterculiaceae
 | *Cola pachycarpa* | Mbivoe | Cooked | Leaves |
| 1. Malvaceae
 | *Cola spp* | Cola | Raw/Cooked | Leaves/fruits |
| 1. Araceae
 | *Colocasia esculenta (L.) Schott.* | Taro† | Cooked | Leaves/tuber |
| 1. Malvaceae
 | *Corchorus olitorius* | Kelinkelin | Cooked  | Leaves |
| 1. Olacaceae.
 | *Coula edulis* | Noisettes | Cooked  | Nuts/leaves |
| 1. Cucurbitaceae
 | *Cucumer psismannii* | Met De Concombre | Cooked  | Leaves  |
| 1. Burseraceae
 | *Dacryodes edulis* | Prune/Safou | Cooked | Fruits |
| 1. Dioscoreaceae
 | *Dioscorea spp* | Wild yams/Iganme suavage | Cooked | Leaves/tubers |
| 1. Arecaceae
 | *Elaeis guineensis* | Palm oil† | Cooked/Raw | Fruits |
| 1. Clusiaceae/Guttiferae
 | *Garcina kola* | Bitter Cola | Raw/Cooked | Leaves/fruits |
| 1. Gnetaceae
 | *Gnetum africanum* | Okok | Cooked  | Leaves  |
| 1. Malvaceae
 | *Hibiscus esculentus* | Gombo | Raw/Cooked | Leaves/fruits |
| 1. Irvingiaceae
 | *Irvingia gabonensis* | Bush Mango | Raw/Cooked | Fruits/nut |
| 1. Irvingiaceae
 | *Klainedoxa gabonensis* | Ngong | Cooked  | Fruits/Leaves |
| 1. Solanaceae
 | *Lycopersicon esculentum* | Wild tomatoes† | Cooked | Fruits |
| 1. Musaceae
 | *Musa spp* | Plantain† | Cooked | Fruits |
| 1. Poaceae.
 | *Oryza sativa* | Rice† | Cooked | Seeds |
| 1. Annonaceae
 | *Pachypodanthium staudtii* | Bab/Ntom | Cooked | Fruits/Leaves  |
| 1. Leguminosae-Mimosoideae
 | *Pentaclethra macrophylla Benth* | Mbalaka | Cooked | Nuts/Leaves/fruits |
| 1. Lauraceae
 | *Persea americana* | Avocado† | Raw  | Fruit |
| 1. Piperaceae
 | *Piper guianeensis* | Poivre Noir | Cooked | Fruits/leaves  |
| 1. ND
 | *Pogo oleosa* | Kana | Cooked | Leaves/fruits |
| 1. Myrtle
 | *Psdium guayava* | Guavas† | Raw  | Fruits |
| 1. Euphorbiaceae
 | *Ricinoden donheudolitii* | Djansang | Cooked | Fruits  |
| 1. Poaceae
 | *Saccharum officinarum* | Sugar canes† | Raw | Stem |
| 1. Solanaceae
 | *Solanumnigrum* | Zom | Cooked/Raw | Fruits/leaves |
| 1. Termitidae,
 | *Termitomices* | Mushrooms | Cooked | Whole plant |
| 1. Malvaceae
 | *Theobroma cacao* | Cocoa† | Raw/Cooked | Fruits/leaves |
| 1. Anacardiaceae
 | *Trichoscypha abut* | Ngoyo/Boutoh/Mvout | Cooked | Fruits/Leaves |
| 1. Poaceae
 | *Triticum turgidum* | Ble/wild wheat† | Cooked | Leaves |
| 1. Tiliaceae
 | *Triumphetta spp* | Nkui/Glue | Cooked  | leaves |
| 1. Asteraceae
 | *Vernonia amygdalina* | Ndole | Cooked  | Leaves |
| 1. Arum
 | *Xanthosoma sagittifolium* | Macabo† | Cooked | Leaves/tubers |

ND: Species not identified

†: Non-native species to Africa

Supplemental Table 2: Dietary diversity score, forest food consumption score and food varieties/items/species consumed by 279 respondents of southern and eastern Cameroon over a period of 7 days in May 2012

|  | DDS | FFCS |  FVS  |
| --- | --- | --- | --- |
|  | Number of food groups consumed  | % of total (n=278) | Number of forest food items consumed† | % of total (n=272) | Number of food items consumed‡  | % of total (n=278) |
|  | ≤ 9 | 0.4 | 1 | 2.6 | ≤11 | 0.4 |
|  | 10 | 1.1 | 2 | 9.6 | 12 | 1.1 |
|  | 11 | 4.3 | 3 | 32.0 | 13 | 1.1 |
|  | 12 | 34.2 | 4 | 19.5 | 14 | 5.0 |
|  | 13 | 60.1 | 5 | 15.8 | 15 | 5.8 |
|  |  |  | 6 | 14.7 | 16 | 10.1 |
|  |  |  | 7 | 4.4 | 17 | 14.4 |
|  |  |  | 8 | 1.5 | 18 | 19.1 |
|  |  |  |   |  | 19 | 17.6 |
|  |  |  |  |  | 20 | 12.2 |
|  |  |  |  |  | 21 | 9.0 |
|  |  |  |  |  | 22 | 2.9 |
|  |  |  |  |  | 23 | 1.4 |
| Average  |  |  | 3.96 |  | 18.0 |  |

n: Number of households

†: FFCS (forest food consumption score), is total number of forest food species consumed in 7 days period.

 ‡: indicates food variety score, i.e. the number of food items/species consumed by the respondents

Supplemental Table 3: Mean daily nutrient intakes of 279 non-pregnant, non-lactating women of southern and eastern Cameroon during the two 24 hour recalls in May 2012†

|  |  |  |  |
| --- | --- | --- | --- |
| Nutrient | Mean intake  | SD | % of women below EAR‡ |
| Energy (KJ) | 9311.9 | 15510.5 |  |
| Energy (Kcal) | 2225.6 | 3707.1 | 35.3 |
| Protein (g) | 36.3 | 148.6 | 41.6 |
| Fat (g) | 26.9 | 120.9 | 40.9 |
| Carbohydrate (g) | 274.2 | 8 | 36.4 |
| Dietary Fibre (g) | 32.0 | 117.5 | 37.5 |
| Vit. A (µg) | 2523.8 | 2943.4 | 27.0 |
| Vitamin E (Eq.)/Mg | 4.1 | 23.7 | 41.3 |
| Vit C (Mg) | 204.1b | 658.7 | 21.9 |
| Sodium (Mg) | 120.8 | 153.5 | 0.0 |
| Potassium (Mg) | 11833.3 | 21365.1 | 38.4 |
| Calcium (Mg) | 502.3 | 469.4 | 34.7 |
| Magnesium (Mg) | 877.2 | 939.9 | 10.4 |
| Phosphorus (Mg) | 1560.8 | 4147.6 | 43.3 |
| Iron (Mg) | 15.5 | 56.0 | 9.8 |
| Zinc (Mg) | 37.3 | 3 | 20.1 |

SD: Standard deviation

†All values are means ±standard deviation

‡: % of women below estimated average nutrient requirement (EAR) for adults (39, 40)

Supplemental Fig. 1: Location of study sites

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