



NUTRITION TIPS

Protein Group - Bush meat

Many families in Nigeria love bush meat because of its nutritional value of high protein and low fat. The good news is that families can now avoid the risk of buying poisonous bush meat on our major

highways, which might have been hunted in the wild using poisonous chemicals. Families can rear the animals right at their backyard. Domestication of animals such as grass cutter, guinea pig, guinea fowl and eligible giant African snail which are favourite bush meat variety, will increase bush meat production, reduce pressure on wild population and eliminate the risk of eating poisonous bush meat.



Protein - Meat Cowtail

Cowtail consumption dates as far back as the consumption of beef, when no part of the animal went to waste or by-products. Cowtail is burned and scraped to remove all hairs and subsequently reconstituted in water and sold with its outer skin.



It makes a wonderful healthy soup with any variety of vegetables. Many people are discovering the wonders of this healthy and exotic meat and cowtail is probably the most expensive part of cow in the country today. For this reason, availability now depends on supply and demand in your area, after all, there is only one tail per cow.

Protein - Meat Ponmo

Cow skin or 'Ponmo', was originally used to make leather products but nowadays it is processed for consumers to cook and eat like beef. Over the years, some people have substituted ponmo for beef because they find it more affordable than beef.

But the truth is that ponmo or animal skin contains no nutritional value or no medical properties whatsoever. Another part of the cow that is popularly eaten but has no nutritional value is the cow leg, which is nutritionally unhealthy for children unless it's boiled for about an hour.



Protein - Rabbit

Rabbits can convert 20 percent of plant proteins they eat into edible meat. They are therefore a good source of high-value, high-quality animal protein. Fresh or frozen, rabbit meat can be eaten all year round and used in most of the ways in which chicken is used.

Rabbits produce highly low-fat, low-cholesterol meat rich in protein and certain vitamins and minerals.

Rabbits can be reared easily in the back yard because the investment and labour cost are low. Rabbits are highly productive with 40 offspring a year and can be cared for even by the youngest person in the family



* For more information on child nutrition

Visit the Olu Akinkugbe Foundation
Child Nutrition Centre

at
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