Safou, a medium 6-fruit serving covers 30% of a woman’s average nutritional fat and protein needs, but almost 50% of some essential minerals like zinc, which plays a major role in the fight against stunting.

Safou is satiating, rich in soluble fibers, has high levels of PUFAs and antioxidants (bibliographic data) and can also help fight against excess malnutrition and associated cardiovascular diseases.

The place of “feeder” trees in the city in a context of double nutritional burden and rapid urbanization is therefore to be considered with interest in a country like Cameroon.