

In the journey towards healthier eating habits, understanding the nutritional content of various foods is crucial. Here's a comprehensive look at a range of nutritious options that can enrich your diet:

1. Muesli (Almond)

Muesli, enhanced with almonds, offers a balanced blend of nutrients:

- **Nutrition per 100g:** 1560kJ energy, 12.3g protein, 9.9g fat, 51.7g carbohydrates, 19.7g sugars, 13g dietary fibre.
- **Key Compounds:** Petunidin 3-O-(6''-acetyl-galactoside), Caffeic acid, Quercetin.
- **Tags:** Grain, Carb.

2. Wholegrain Rolled Oats

Ideal for a hearty breakfast or baking:

- **Nutrition per 100g:** 1680kJ energy, 13.3g protein, 9.8g fat, 60.3g carbohydrates, 1.2g sugars, 0.0086g dietary fibre.
- **Key Compounds:** Rutin, Chlorogenic acid, Kaempferol.
- **Tags:** Grain, Carb.

3. Almond Milk

A dairy-free alternative packed with essential nutrients:

- **Nutrition per 100ml:** 130kJ energy, 0.5g protein, 1.2g fat, 4.6g carbohydrates, 4.4g sugars, 0.3g dietary fibre.
- **Key Compounds:** Saponin, Tocopherol, Phytic acid.
- **Tags:** Snack.

4. Soy Milk

Rich in protein and healthy fats, suitable for various dietary needs:

- **Nutrition per 100ml:** 244kJ energy, 3.1g protein, 3.0g fat, 4.7g carbohydrates, 1.6g sugars.
- **Contains:** Canola oil, Maltodextrin.
- **Key Compounds:** Genistein, Daidzein, Isoflavones.

5. Firm Tofu

A versatile plant-based protein source:

- **Nutrition per 100g:** 615kJ energy, 15.9g protein, 8.8g fat, 0.3g carbohydrates.
- **Key Compounds:** Isoflavones, Saponins, Oligosaccharides.

6. Hummus

A nutritious dip with Mediterranean flavors:

- **Nutrition per 100g:** 709kJ energy, 8.4g protein, 10.8g fat, 4.6g carbohydrates, 0.6g sugars, 11g dietary fibre.
- **Key Compounds:** Oleic acid, Tocopherol, Phytic acid.
- **Tags:** Legume, Snack.

7. Aprapransa

A traditional dish rich in essential nutrients:

- **Nutrition per 100g:** 600kJ energy, 12.5g protein, 5.7g fat, 25.5g carbohydrates, 3.2g sugars.
- **Key Compounds:** Beta-glucans, Diosgenin.
- **Tags:** Tuber, Main dish.

8. Yam with Kontomire Stew

A hearty African meal with unique nutritional benefits:

- **Nutrition per 100g:** Moisture 93.9%, Iron 6.6mg, Copper 60mg, Zinc 2.5mg, Calcium 103.6mg, Magnesium 43.3mg, Potassium 374.0mg, Manganese 0.7mg, Sodium 443.3mg.
- **Tags:** Tuber, Main dish.
- **Compounds:** Diosgenin.

9. Plantain with Kontomire Stew

A delicious fusion of flavors and nutrients:

- **Nutrition per 100g:** Moisture 93.3%, Iron 7.1mg, Zinc 2.01mg, Calcium 116.1mg, Magnesium 46.4mg, Potassium 371.0mg, Manganese 0.8mg, Sodium 409.2mg.
- **Tags:** Fruit, Main dish.
- **Compounds:** Oxaluric acid.

10. Fufu with Light Soup

A traditional West African dish, hearty and nutritious:

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Nutrition per 100g: Moisture 86.3%, Iron 8.1mg, Copper 360mg, Zinc 3.8mg, Calcium 12.2mg, Magnesium 42.7mg, Potassium 379.8mg, Manganese 0.6mg, Sodium 360.8mg.

- **Tags:** Main dish.
- **Compounds:** Amylose.

11. Yam with Garden Egg Stew

A flavorful combination offering nutritional richness:

- **Nutrition per 100g:** Moisture 92.1%, Iron 3.6mg, Copper 70mg, Zinc 2.2mg, Calcium 13.5mg, Magnesium 41.2mg, Potassium 367.7mg, Manganese 0.4mg, Sodium 423.0mg.
- **Tags:** Tuber, Main dish.
- **Compounds:** Diosgenin, Solasodine.

12. Plantain with Garden Egg Stew

A fusion of sweet and savory with essential nutrients:

- **Nutrition per 100g:** Moisture 91.5%, Iron 4.1mg, Copper 10mg, Zinc 1.7mg, Calcium 26.0mg, Magnesium 44.2mg, Potassium 364.7mg, Manganese 0.5mg, Sodium 388.8mg.
- **Tags:** Fruit, Main dish.
- **Compounds:** Solasodine.

13. Fufu with Palm Nut Soup

A traditional dish packed with nutritional goodness:

- **Nutrition per 100g:** Moisture 93.4%, Iron 6.3mg, Copper 440mg, Zinc 2.2mg, Calcium 27.5mg, Magnesium 45.3mg, Potassium 351.8mg, Manganese 0.6mg, Sodium 303.8mg.
- **Tags:** Main dish.
- **Compounds:** Amylose.

14. Fufu with Groundnut Soup

A comforting dish rich in essential nutrients:

- **Nutrition per 100g:** Moisture 87.1%, Iron 10.5mg, Copper 500mg, Zinc 4.2mg, Calcium 10.6mg, Magnesium 44.5mg, Potassium 353.5mg, Manganese 0.7mg, Sodium 367.3mg.
- **Tags:** Main dish.
- **Compounds:** Amylose.

15. Konkonte with Palm Nut Soup

A hearty meal offering nutritional benefits:

- **Nutrition per 100g:** Moisture 93.5%, Iron 14.1mg, Zinc 3.3mg, Calcium 146.7mg, Magnesium 44.6mg, Potassium 340.3mg, Manganese 0.8mg, Sodium 353.3mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

16. Konkonte with Groundnut Soup

A traditional Ghanaian dish with nutritional value:

- **Nutrition per 100g:** Moisture 92.7%, Iron 13.2mg, Zinc 3.1mg, Calcium 158.2mg, Magnesium 47.1mg, Potassium 384.7mg, Manganese 0.9mg, Sodium 409.7mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

17. Akple with Okro Soup

A combination of flavors and nutrients:

- **Nutrition per 100g:** Moisture 91.0%, Iron 5.3mg, Zinc 3.0mg, Calcium 14.5mg, Magnesium 45.7mg, Potassium 330.0mg, Manganese 0.7mg, Sodium 556.7mg.
- **Tags:** Main dish.
- **Compounds:** Polysaccharide.

18. Kooko with Bread

A nutritious breakfast option:

- **Nutrition per 100g:** Moisture 91.4%, Iron 4.8mg, Zinc 1.1mg, Calcium 4.9mg, Magnesium 35.8mg, Potassium 131.7mg, Manganese 0.5mg, Sodium 193.7mg.
- **Tags:** Main dish.
- **Compounds:** Potassium bromate(V) (KBrO_3).

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19. Kenkey with Fried Fish and Pepper

A popular Ghanaian dish with essential nutrients:

- **Nutrition per 100g:** Moisture 94.3%, Iron 13.0mg, Zinc 2.8mg, Calcium 100.0mg, Magnesium 45.3mg, Potassium 266.7mg, Manganese 0.7mg, Sodium 498.3mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

20. Jollof Rice

A flavorful West African dish with nutritional benefits:

- **Nutrition per 100g:** Moisture 95.1%, Iron 4.8mg, Zinc 3.5mg, Calcium 9.6mg, Magnesium 39.0mg, Potassium 235.7mg, Manganese 0.8mg, Sodium 507.0mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

21. Plain Rice and Stew

A staple dish with simple yet nutritious elements:

- **Nutrition per 100g:** Moisture 95.0%, Iron 4.3mg, Zinc 2.8mg, Calcium 59.8mg, Magnesium 41.8mg, Potassium 185.7mg, Manganese 0.8mg, Sodium 442.0mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

22. Omo Tuo with Palm Nut Soup

A Ghanaian delicacy rich in nutrients:

- **Nutrition per 100g:** Moisture 91.4%, Iron 12.5mg, Zinc 2.7mg, Calcium 48.7mg, Magnesium 45.5mg, Potassium 230.0mg, Manganese 1.0mg, Sodium 556.0mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

23. Omo Tuo with Groundnut Soup

A comforting dish with nutritional benefits:

- **Nutrition per 100g:** Moisture 86.9%, Iron 11.1mg, Copper 500mg, Zinc 4.7mg, Calcium 9.8mg, Magnesium 38.5mg, Potassium 205.0mg, Manganese 0.8mg, Sodium 511.2mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

24. Waakye with Stew

A Ghanaian dish combining rice and beans with flavorful stew:

- **Nutrition per 100g:** Moisture 95.1%, Iron 5.3mg, Copper 1550mg, Zinc 2.9mg, Calcium 24.7mg, Magnesium 46.7mg, Potassium 292.3mg, Manganese 1.1mg, Sodium 523.0mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

25. Hausa Kooko with Bread and Akara A nutritious Ghanaian

breakfast option:

- **Nutrition per 100g:** Moisture 91.1%, Iron 15.5mg, Copper 20mg, Zinc 2.3mg, Calcium 9.9mg, Magnesium 42.2mg, Potassium 166.7mg, Manganese 1.2mg, Sodium 236.0mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

26. Tuo Zaafi

A traditional Ghanaian dish packed with nutrients:

- **Nutrition per 100g:** Moisture 90.9%, Iron 7.7mg, Zinc 4.0mg, Calcium 28.7mg, Magnesium 46.8mg, Potassium 376.0mg, Manganese 1.3mg, Sodium 492.0mg.

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- **Tags:** Main dish.

Compounds: None specified.

27. Beans with Fried Plantain

A delightful combination of beans and plantain:

- **Nutrition per 100g:** Moisture 94.5%, Iron 8.0mg, Copper 90mg, Zinc 2.9mg, Calcium 21.3mg, Magnesium 46.5mg, Potassium 409.0mg, Manganese 1.1mg, Sodium 364.7mg.
- **Tags:** Main dish.
- **Compounds:** None specified.

Each of these foods not only offers essential nutrients but also provides unique flavors and textures to enhance your culinary experience. Whether you're looking for a hearty main dish or a nutritious snack, incorporating these options into your diet can contribute to your overall health and well-being.