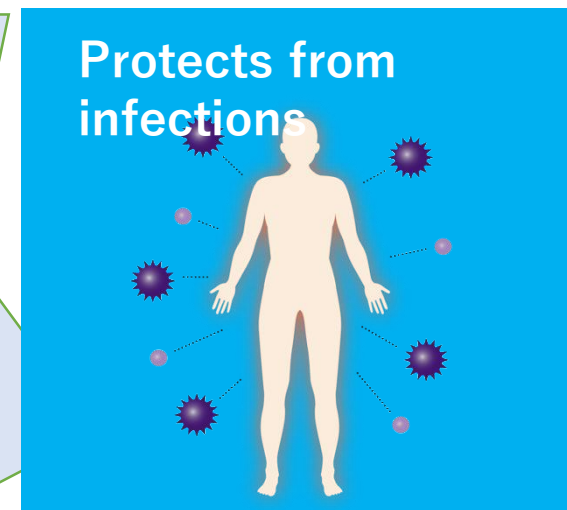
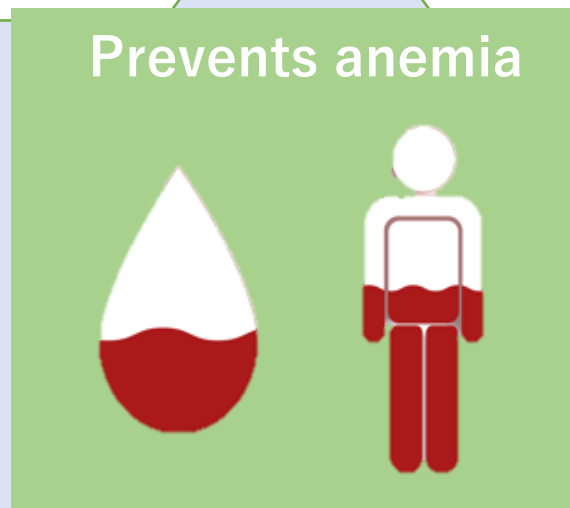
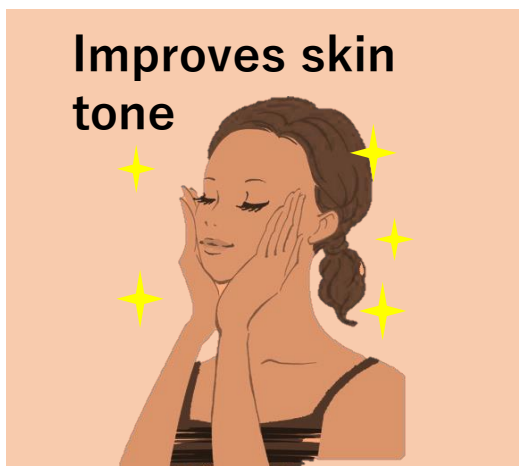


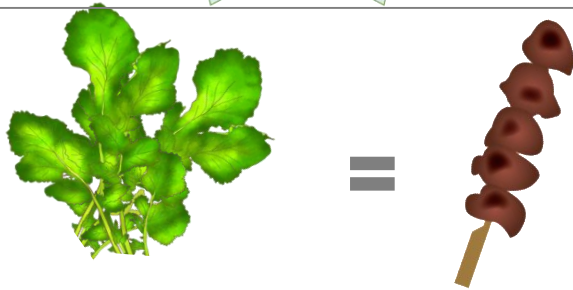
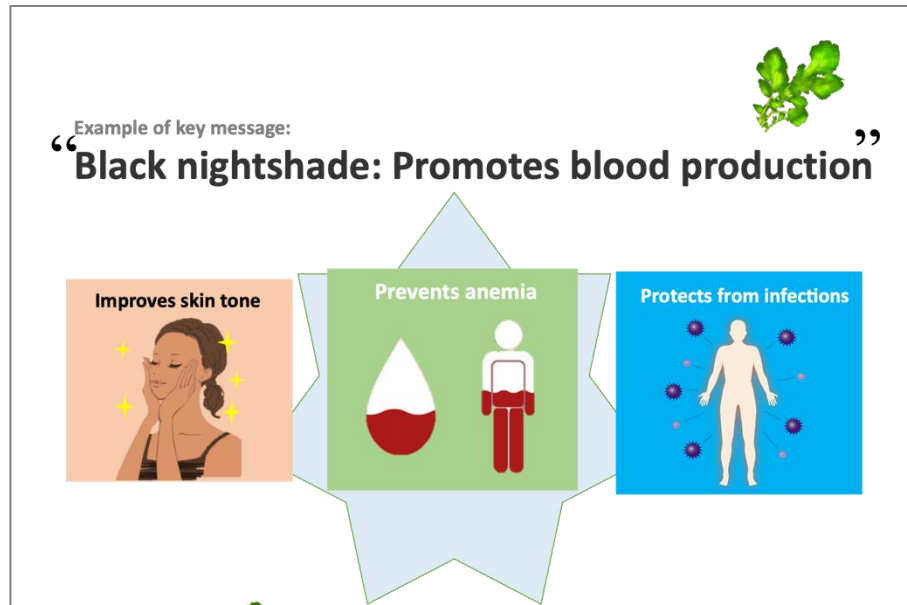
Black Nightshade



Example of key message:
“**Black nightshade: Promotes blood production**”



Health effect of black nightshade



50g of fresh black nightshade leaves contain the same amount of iron as chicken liver.

Q

Why does it prevent anemia?

A

It contains nutrients (iron and folate) that are necessary for production of red blood cells.

Q

Why does it protect us from infections?

A

It contains nutrients (vitamin C and beta- carotene) that boost the immune system.

Q

Why is it good for the skin?

A

It contains nutrients (vitamin C and beta-carotene) that improve skin condition.

Tips for cooking and eating black nightshade

Avoid
overheating



Food
processing
improves
some of its
nutritional
value



Important
to eat
with a
variety of
foods



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Source: <http://www.fao.org/3/i9056en/I9056EN.pdf>

Example

Tips for cooking and eating black nightshade



Food processing (fermentation, drying) improves some of its nutritional value (phytochemical).

Avoid overheating. The longer a food is cooked, the greater the loss of nutrients(vitamins).

Eat a variety of whole (i.e., unprocessed) and fresh foods every day to help obtain the right amounts of essential nutrients.

Eat a combination of different foods, including **staple foods** (e.g., cereals such as wheat, barley, rye, maize, or rice), or **starchy tubers or roots** (e.g., potatoes, yams, taro or cassava), **legumes** (e.g., lentils, beans), **vegetables, fruit, and foods from animal sources** (e.g., meat, fish, eggs, and milk).