

MORINGA

Moringa leaves are especially nutrient-dense. They're packed with:

Vitamins – High in vitamin A (beta-carotene), vitamin C, and some B vitamins.

• **Minerals** – Excellent source of calcium, potassium, iron, magnesium.

• **Protein** – Contains all essential amino acids, making it a complete plant protein (dry leaves can be 25-30% protein).

• **Antioxidants and other compounds** like quercetin, kaempferol, and various polyphenols.



Dried leaves per 100g highlight it having more vitamin C than oranges, more vitamin A than carrots, more calcium than milk, more iron than spinach, and more potassium than bananas.



Moringa, specifically *Moringa oleifera*, is often called the “**miracle tree**,” “**tree of life**,” or “**drumstick tree**” because of its impressive nutritional profile and wide range of traditional uses.

The Moringa tree in Ghana, where it's commonly grown, is used in local cooking, and even part of initiatives to boost farmer incomes and combat malnutrition.

GHANA FOOD MOVEMENT

