

S2 Table. Literature estimates of food crop protein content.

Species	% protein	Source
Low protein crops		
Cassava	0.5	[1]
	0.6	[2]
	1.0	[3]
	1.0	[4]
	1.2	[5]
	1.4	[6]
	1.5	[7]
	4.0	[8]
Plantain	0.9	[3]
	1.1	[2]
	1.3	[6]
	1.7	[9]
	3.0 – 3.5	[10]
Yam	1.5	[6]
	1.5	[2]
	2.0	[3]
	2.0	[1]
Cocoyam	3.0 – 5.5	[11]
	10.4	[12]
Okra	2.0	[6]
	2.8	[2]
High protein crops		
Groundnut	22.6	[6]
	22.8	[2]
	23.0	[13]
	25.8	[2]
	28.0	[14]
Beans	22.0	[13]

References for S2 Table

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