

| Species name | Family | Life form | Food part | Fruit | pericarp type | Preparation | Edibility state | Vegetation zone |
|--|------------------|--------------|-------------|-----------------|---------------|-------------|-----------------|-----------------|
| <i>Abrus precatorius</i> L. | Fabaceae | Phanerophyte | leaf | dry | | sweets | raw | Sudan |
| <i>Acacia amythethophylla</i> Steud. ex A.Rich. | Fabaceae | Phanerophyte | leaf | dry | | vegetable | cooked | Sudan |
| <i>Acacia ehrenbergiana</i> Hayne | Fabaceae | Phanerophyte | fruit | dry | | vegetable | cooked | Sahel |
| <i>Acacia ehrenbergiana</i> Hayne | Fabaceae | Phanerophyte | leaf | dry | | vegetable | cooked | Sahel |
| <i>Acacia gerrardii</i> Benth. | Fabaceae | Phanerophyte | bark | dry | | soup | cooked | Sudan |
| <i>Acacia laeta</i> R.Br. ex Benth. | Fabaceae | Phanerophyte | gum | dry | | sweets | raw | Sahel & Sudan |
| <i>Acacia macrostachya</i> Rchb. ex DC. | Fabaceae | Phanerophyte | seed | dry | | vegetable | cooked | Sahel & Sudan |
| <i>Acacia nilotica</i> (L.) Willd. ex Delile | Fabaceae | Phanerophyte | fruit | dry | | vegetable | cooked | Sahel & Sudan |
| <i>Acacia nilotica</i> (L.) Willd. ex Delile | Fabaceae | Phanerophyte | seed | dry | | spice | cooked | Sahel & Sudan |
| <i>Acacia nilotica</i> (L.) Willd. ex Delile | Fabaceae | Phanerophyte | seed | dry | | spice | roasted | Sahel & Sudan |
| <i>Acacia nilotica</i> (L.) Willd. ex Delile | Fabaceae | Phanerophyte | bark | dry | | drink | cooked | Sahel & Sudan |
| <i>Acacia nilotica</i> (L.) Willd. ex Delile | Fabaceae | Phanerophyte | gum | dry | | sweets | raw | Sahel & Sudan |
| <i>Acacia polyacantha</i> Willd. | Fabaceae | Phanerophyte | seed | dry | | vegetable | cooked | Sahel & Sudan |
| <i>Acacia polyacantha</i> Willd. | Fabaceae | Phanerophyte | branch | dry | | spice | burnt | Sahel & Sudan |
| <i>Acacia polyacantha</i> Willd. | Fabaceae | Phanerophyte | gum | dry | | sweets | raw | Sahel & Sudan |
| <i>Acacia senegal</i> (L.) Willd. | Fabaceae | Phanerophyte | seed | dry | | dried | cooked | Sahel & Sudan |
| <i>Acacia senegal</i> (L.) Willd. | Fabaceae | Phanerophyte | gum | dry | | drink | cooked | Sahel & Sudan |
| <i>Acacia senegal</i> (L.) Willd. | Fabaceae | Phanerophyte | gum | dry | | sweets | raw | Sahel & Sudan |
| <i>Acacia seyal</i> Delile | Fabaceae | Phanerophyte | gum | dry | | sweets | raw | Sahel & Sudan |
| <i>Acacia tortilis</i> (Forssk.) Hayne | Fabaceae | Phanerophyte | fruit | dry | | dried | cooked | Sahel |
| <i>Acacia tortilis</i> (Forssk.) Hayne | Fabaceae | Phanerophyte | gum | dry | | sweets | raw | Sahel |
| <i>Acroceras amplexans</i> Stapf | Poaceae | Helophyte | seed | dry | | cereals | cooked | Sahel & Sudan |
| <i>Adansonia digitata</i> L. | Malvaceae | Phanerophyte | fruit | dry | | drink | cooked | Sahel & Sudan |
| <i>Adansonia digitata</i> L. | Malvaceae | Phanerophyte | fruit | dry | | spice | raw | Sahel & Sudan |
| <i>Adansonia digitata</i> L. | Malvaceae | Phanerophyte | fruit | dry | | spice | cooked | Sahel & Sudan |
| <i>Adansonia digitata</i> L. | Malvaceae | Phanerophyte | leaf | dry | | sauce | cooked | Sahel & Sudan |
| <i>Adansonia digitata</i> L. | Malvaceae | Phanerophyte | seed | dry | | oil | cooked | Sahel & Sudan |
| <i>Aerva javanica</i> (Burm.f.) Juss. ex Schult. | Amaranthaceae | Therophyte | whole plant | dry | | vegetable | cooked | Sahel & Sudan |
| <i>Aframomum alboviolaceum</i> (Ridl.) K.Schum. | Zingiberaceae | Geophyte | fruit | (partly) fleshy | | fresh | raw | Sudan |
| <i>Aframomum alboviolaceum</i> (Ridl.) K.Schum. | Zingiberaceae | Geophyte | fruit | (partly) fleshy | | cooked | cooked | Sudan |
| <i>Aframomum alboviolaceum</i> (Ridl.) K.Schum. | Zingiberaceae | Geophyte | leaf | (partly) fleshy | | spice | raw | Sudan |
| <i>Aframomum alboviolaceum</i> (Ridl.) K.Schum. | Zingiberaceae | Geophyte | leaf | (partly) fleshy | | spice | cooked | Sudan |
| <i>Aframomum sceptrum</i> (Oliv. & D.Hanb.) K.Schum. | Zingiberaceae | Geophyte | fruit | (partly) fleshy | | fresh | raw | Sudan |
| <i>Aframomum sceptrum</i> (Oliv. & D.Hanb.) K.Schum. | Zingiberaceae | Geophyte | leaf | (partly) fleshy | | vegetable | cooked | Sudan |
| <i>Afzelia africana</i> Sm. ex Pers. | Fabaceae | Phanerophyte | fruit | dry | | vegetable | cooked | Sahel & Sudan |
| <i>Afzelia africana</i> Sm. ex Pers. | Fabaceae | Phanerophyte | flower | dry | | sauce | cooked | Sahel & Sudan |
| <i>Albizia chevalieri</i> Harms | Fabaceae | Phanerophyte | leaf | dry | | soup | cooked | Sudan |
| <i>Albizia chevalieri</i> Harms | Fabaceae | Phanerophyte | branch | dry | | soup | cooked | Sudan |
| <i>Albizia zygia</i> (DC.) J.F.Macbr. | Fabaceae | Phanerophyte | leaf | dry | | sauce | cooked | Sudan |
| <i>Alchornea cordifolia</i> (Schumach. & Thonn.) Müll.Arg. | Euphorbiaceae | Phanerophyte | fruit | dry | | fresh | raw | Sudan |
| <i>Allophylus africanus</i> P.Beauv. | Sapindaceae | Phanerophyte | fruit | (partly) fleshy | | fresh | raw | Sahel & Sudan |
| <i>Aloe macrocarpa</i> Tod. | Xanthorrhoeaceae | Chamaephyte | flower | (partly) fleshy | | spice | cooked | Sudan |

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| <i>Alternanthera sessilis</i> (L.) DC. | Amaranthaceae | Therophyte | whole plant | dry | vegetable | cooked | Sahel & Sudan |
| <i>Amaranthus dubius</i> Mart. ex Thell. | Amaranthaceae | Therophyte | leaf | dry | vegetable | cooked | Sudan |
| <i>Amaranthus graecizans</i> L. | Amaranthaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Amaranthus graecizans</i> L. | Amaranthaceae | Therophyte | whole plant | dry | vegetable | cooked | Sahel & Sudan |
| <i>Amaranthus hybridus</i> L. | Amaranthaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Amaranthus hybridus</i> L. | Amaranthaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| <i>Amaranthus hybridus</i> L. | Amaranthaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| <i>Amaranthus hybridus</i> L. | Amaranthaceae | Therophyte | whole plant | dry | vegetable | cooked | Sahel & Sudan |
| <i>Amaranthus spinosus</i> L. | Amaranthaceae | Therophyte | whole plant | dry | vegetable | raw | Sudan |
| <i>Amaranthus spinosus</i> L. | Amaranthaceae | Therophyte | whole plant | dry | vegetable | cooked | Sudan |
| <i>Amaranthus viridis</i> L. | Amaranthaceae | Therophyte | whole plant | dry | vegetable | raw | Sahel & Sudan |
| <i>Amaranthus viridis</i> L. | Amaranthaceae | Therophyte | whole plant | dry | vegetable | cooked | Sahel & Sudan |
| <i>Ambrosia maritima</i> L. | Asteraceae | Therophyte | leaf | dry | spice | cooked | Sahel & Sudan |
| <i>Amorphophallus abyssinicus</i> (A.Rich.) N.E.Br. | Araceae | Geophyte | leaf | (partly) fleshy | cooked | cooked | Sudan |
| <i>Amorphophallus abyssinicus</i> (A.Rich.) N.E.Br. | Araceae | Geophyte | tuber | (partly) fleshy | cooked | cooked | Sudan |
| <i>Amorphophallus aphyllus</i> (Hook.) Hutch. | Araceae | Geophyte | tuber | (partly) fleshy | processed | cooked | Sudan |
| <i>Amorphophallus baumannii</i> (Engl.) N.E.Br. | Araceae | Geophyte | tuber | (partly) fleshy | processed | cooked | Sudan |
| <i>Amorphophallus dracontioides</i> (Engl.) N.E.Br. | Araceae | Geophyte | tuber | (partly) fleshy | processed | cooked | Sudan |
| <i>Ampelocissus africana</i> (Lour.) Merr. | Vitaceae | Geophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ampelocissus africana</i> (Lour.) Merr. | Vitaceae | Geophyte | leaf | (partly) fleshy | drink | cooked | Sudan |
| <i>Ampelocissus africana</i> (Lour.) Merr. | Vitaceae | Geophyte | root | (partly) fleshy | processed | cooked | Sudan |
| <i>Anchomanes difformis</i> (Blume) Engl. | Araceae | Geophyte | rhizome | (partly) fleshy | processed | cooked | Sudan |
| <i>Ancylobotrys amoena</i> Hua | Apocynaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ancylobotrys amoena</i> Hua | Apocynaceae | Phanerophyte | seed | (partly) fleshy | vegetable | cooked | Sudan |
| <i>Annona senegalensis</i> Pers. | Annonaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Annona senegalensis</i> Pers. | Annonaceae | Phanerophyte | leaf | (partly) fleshy | spice | cooked | Sahel & Sudan |
| <i>Annona senegalensis</i> Pers. | Annonaceae | Phanerophyte | flower | (partly) fleshy | spice | cooked | Sahel & Sudan |
| <i>Anogeissus leiocarpa</i> (DC.) Guill. & Perr. | Combretaceae | Phanerophyte | branch | dry | drink | cooked | Sahel & Sudan |
| <i>Anogeissus leiocarpa</i> (DC.) Guill. & Perr. | Combretaceae | Phanerophyte | gum | dry | sweets | raw | Sahel & Sudan |
| <i>Antidesma venosum</i> E.Mey. ex Tul. | Phyllanthaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Aristida stipoides</i> Lam. | Poaceae | Therophyte | shoot | dry | fresh | raw | Sahel & Sudan |
| <i>Asystasia gangetica</i> (L.) T.Anderson | Acanthaceae | Therophyte | whole plant | dry | vegetable | cooked | Sudan |
| <i>Baissea multiflora</i> A.DC. | Apocynaceae | Phanerophyte | fruit | dry | fresh | raw | Sahel & Sudan |
| <i>Balanites aegyptiaca</i> (L.) Delile | Zygophyllaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Balanites aegyptiaca</i> (L.) Delile | Zygophyllaceae | Phanerophyte | seed | (partly) fleshy | oil | cooked | Sahel & Sudan |
| <i>Balanites aegyptiaca</i> (L.) Delile | Zygophyllaceae | Phanerophyte | shoot | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| <i>Bauhinia rufescens</i> Lam. | Fabaceae | Phanerophyte | fruit | dry | fresh | raw | Sahel & Sudan |
| <i>Blepharis linariifolia</i> Pers. | Acanthaceae | Therophyte | seed | dry | vegetable | cooked | Sahel & Sudan |
| <i>Blighia sapida</i> K.D.Koenig | Sapindaceae | Phanerophyte | fruit | dry | sauce | cooked | Sudan |
| <i>Blighia sapida</i> K.D.Koenig | Sapindaceae | Phanerophyte | fruit | dry | fresh | raw | Sudan |
| <i>Bombax costatum</i> Pellegr. & Vuill. | Malvaceae | Phanerophyte | fruit | dry | sauce | cooked | Sahel & Sudan |
| <i>Bombax costatum</i> Pellegr. & Vuill. | Malvaceae | Phanerophyte | flower | dry | sauce | cooked | Sahel & Sudan |
| <i>Borassus aethiopum</i> Mart. | Arecaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |

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| Borassus aethiopum Mart. | Arecaceae | Phanerophyte | shoot | (partly) fleshy | vegetable | cooked | Sudan |
| Borassus aethiopum Mart. | Arecaceae | Phanerophyte | sap | (partly) fleshy | drink | raw | Sudan |
| Borassus aethiopum Mart. | Arecaceae | Phanerophyte | sap | (partly) fleshy | drink | cooked | Sudan |
| Boscia angustifolia A.Rich. | Capparaceae | Phanerophyte | fruit | (partly) fleshy | spice | cooked | Sahel & Sudan |
| Boscia angustifolia A.Rich. | Capparaceae | Phanerophyte | seed | (partly) fleshy | spice | cooked | Sahel & Sudan |
| Boscia angustifolia A.Rich. | Capparaceae | Phanerophyte | bark | (partly) fleshy | spice | cooked | Sahel & Sudan |
| Boscia angustifolia A.Rich. | Capparaceae | Phanerophyte | branch | (partly) fleshy | drink | cooked | Sahel & Sudan |
| Boscia salicifolia Oliv. | Capparaceae | Phanerophyte | leaf | dry | soup | cooked | Sahel & Sudan |
| Boscia salicifolia Oliv. | Capparaceae | Phanerophyte | bark | dry | soup | cooked | Sahel & Sudan |
| Boscia salicifolia Oliv. | Capparaceae | Phanerophyte | root | dry | roasted | roasted | Sahel & Sudan |
| Boscia senegalensis (Pers.) Lam. | Capparaceae | Phanerophyte | fruit | (partly) fleshy | processed | cooked | Sahel & Sudan |
| Boscia senegalensis (Pers.) Lam. | Capparaceae | Phanerophyte | leaf | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Boscia senegalensis (Pers.) Lam. | Capparaceae | Phanerophyte | seed | (partly) fleshy | drink | cooked | Sahel & Sudan |
| Boscia senegalensis (Pers.) Lam. | Capparaceae | Phanerophyte | branch | (partly) fleshy | sweets | raw | Sahel & Sudan |
| Brachiaria deflexa (Schumach.) C.E.Hubb. ex Robyns | Poaceae | Therophyte | seed | dry | cereals | cooked | Sudan |
| Brachiaria lata (Schumach.) C.E.Hubb. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Brachiaria lata (Schumach.) C.E.Hubb. | Poaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| Brachiaria stigmatifolia (Mez) Stapf | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Brachiaria stigmatifolia (Mez) Stapf | Poaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| Brachiaria villosa (Lam.) A.Camus | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Brachiaria villosa (Lam.) A.Camus | Poaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| Bridelia ferruginea Benth. | Phyllanthaceae | Phanerophyte | bark | (partly) fleshy | drink | raw | Sudan |
| Bridelia micrantha (Hochst.) Baill. | Phyllanthaceae | Phanerophyte | fruit | (partly) fleshy | drink | raw | Sudan |
| Bridelia micrantha (Hochst.) Baill. | Phyllanthaceae | Phanerophyte | bark | (partly) fleshy | drink | raw | Sudan |
| Bridelia scleroneura Müll.Arg. | Phyllanthaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Burkea africana Hook. | Fabaceae | Phanerophyte | leaf | dry | sauce | cooked | Sudan |
| Cadaba farinosa Forssk. | Capparaceae | Phanerophyte | leaf | (partly) fleshy | spice | cooked | Sahel & Sudan |
| Cadaba farinosa Forssk. | Capparaceae | Phanerophyte | bark | (partly) fleshy | spice | cooked | Sahel & Sudan |
| Cadaba farinosa Forssk. | Capparaceae | Phanerophyte | flower | (partly) fleshy | sweets | cooked | Sahel & Sudan |
| Cadaba glandulosa Forssk. | Capparaceae | Phanerophyte | leaf | (partly) fleshy | drink | cooked | Sahel |
| Caladium bicolor (Aiton) Vent. | Araceae | Geophyte | rhizome | (partly) fleshy | cooked | cooked | Sudan |
| Calotropis procera (Aiton) R.Br. | Apocynaceae | Phanerophyte | unknown | dry | spice | cooked | Sudan |
| Canarium schweinfurthii Engl. | Burseraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Canarium schweinfurthii Engl. | Burseraceae | Phanerophyte | fruit | (partly) fleshy | oil | cooked | Sudan |
| Capparis erythrocarpos Isert | Capparaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Capparis fascicularis DC. | Capparaceae | Phanerophyte | leaf | (partly) fleshy | spice | cooked | Sahel & Sudan |
| Capparis sepiaria L. | Capparaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Capparis sepiaria L. | Capparaceae | Phanerophyte | leaf | (partly) fleshy | soup | cooked | Sahel & Sudan |
| Carapa procera DC. | Meliaceae | Phanerophyte | seed | dry | drink | cooked | Sudan |
| Carissa edulis (Forssk.) Vahl | Apocynaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Cassia obtusifolia L. | Fabaceae | Phanerophyte | leaf | dry | sauce | cooked | Sahel & Sudan |
| Cassia obtusifolia L. | Fabaceae | Phanerophyte | leaf | dry | fresh | raw | Sahel & Sudan |
| Ceiba pentandra (L.) Gaertn. | Malvaceae | Phanerophyte | fruit | dry | spice | cooked | Sudan |

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| <i>Ceiba pentandra</i> (L.) Gaertn. | Malvaceae | Phanerophyte | leaf | dry | | spice | cooked | Sudan |
| <i>Ceiba pentandra</i> (L.) Gaertn. | Malvaceae | Phanerophyte | flower | dry | | spice | cooked | Sudan |
| <i>Celosia argentea</i> L. | Amaranthaceae | Therophyte | leaf | dry | | vegetable | cooked | Sudan |
| <i>Celosia argentea</i> L. | Amaranthaceae | Therophyte | branch | dry | | vegetable | cooked | Sudan |
| <i>Celosia trigyna</i> L. | Amaranthaceae | Therophyte | leaf | dry | | vegetable | cooked | Sahel & Sudan |
| <i>Celosia trigyna</i> L. | Amaranthaceae | Therophyte | branch | dry | | vegetable | cooked | Sahel & Sudan |
| <i>Cenchrus biflorus</i> Roxb. | Poaceae | Therophyte | seed | dry | | cereals | cooked | Sahel & Sudan |
| <i>Cenchrus piriurii</i> (Kunth) Maire | Poaceae | Therophyte | seed | dry | | cereals | cooked | Sahel |
| <i>Ceratotheca sesamoides</i> Endl. | Pedaliaceae | Chamaephyte | leaf | dry | | sauce | cooked | Sahel & Sudan |
| <i>Ceropegia campanulata</i> G.Don | Apocynaceae | Geophyte | leaf | dry | | spice | cooked | Sudan |
| <i>Ceropegia campanulata</i> G.Don | Apocynaceae | Geophyte | root | dry | | fresh | raw | Sudan |
| <i>Ceropegia campanulata</i> G.Don | Apocynaceae | Geophyte | root | dry | | cooked | cooked | Sudan |
| <i>Ceropegia nilotica</i> Kotschy | Apocynaceae | Geophyte | tuber | dry | | fresh | raw | Sudan |
| <i>Ceropegia nilotica</i> Kotschy | Apocynaceae | Geophyte | tuber | dry | | roasted | roasted | Sudan |
| <i>Ceropegia racemosa</i> N.E.Br. | Apocynaceae | Geophyte | root | dry | | fresh | raw | Sudan |
| <i>Ceropegia racemosa</i> N.E.Br. | Apocynaceae | Geophyte | root | dry | | cooked | cooked | Sudan |
| <i>Chrysanthellum indicum</i> DC. | Asteraceae | Therophyte | whole plant | dry | | drink | cooked | Sahel & Sudan |
| <i>Cissus populnea</i> Guill. & Perr. | Vitaceae | Phanerophyte | leaf | (partly) fleshy | | spice | cooked | Sudan |
| <i>Cissus populnea</i> Guill. & Perr. | Vitaceae | Phanerophyte | sap | (partly) fleshy | | drink | raw | Sudan |
| <i>Cissus rufescens</i> Guill. & Perr. | Vitaceae | Phanerophyte | fruit | (partly) fleshy | | vegetable | cooked | Sahel & Sudan |
| <i>Cissus rufescens</i> Guill. & Perr. | Vitaceae | Phanerophyte | leaf | (partly) fleshy | | vegetable | cooked | Sahel & Sudan |
| <i>Cleome gynandra</i> L. | Cleomaceae | Therophyte | leaf | dry | | sauce | cooked | Sahel & Sudan |
| <i>Cochlospermum tinctorium</i> Perr. ex A.Rich. | Bixaceae | Chamaephyte | root | dry | | vegetable | cooked | Sudan |
| <i>Cola cordifolia</i> (Cav.) R.Br. | Malvaceae | Phanerophyte | fruit | dry | | fresh | raw | Sudan |
| <i>Cola cordifolia</i> (Cav.) R.Br. | Malvaceae | Phanerophyte | fruit | dry | | chewed | raw | Sudan |
| <i>Combretum aculeatum</i> Vent. | Combretaceae | Phanerophyte | seed | dry | | sweets | raw | Sahel & Sudan |
| <i>Combretum adenogonium</i> Steud. ex A.Rich. | Combretaceae | Phanerophyte | gum | dry | | sweets | raw | Sahel & Sudan |
| <i>Combretum collinum</i> Fresen. | Combretaceae | Phanerophyte | gum | dry | | sweets | raw | Sahel & Sudan |
| <i>Combretum micranthum</i> G.Don | Combretaceae | Phanerophyte | fruit | dry | | drink | cooked | Sahel & Sudan |
| <i>Combretum micranthum</i> G.Don | Combretaceae | Phanerophyte | leaf | dry | | drink | cooked | Sahel & Sudan |
| <i>Combretum nigricans</i> Lepr. ex Guill. & Perr. | Combretaceae | Phanerophyte | gum | dry | | sweets | raw | Sahel & Sudan |
| <i>Combretum paniculatum</i> Vent. | Combretaceae | Phanerophyte | leaf | dry | | soup | cooked | Sudan |
| <i>Combretum paniculatum</i> Vent. | Combretaceae | Phanerophyte | flower | dry | | soup | cooked | Sudan |
| <i>Commiphora africana</i> (A.Rich.) Engl. | Burseraceae | Phanerophyte | fruit | (partly) fleshy | | fresh | raw | Sahel & Sudan |
| <i>Commiphora africana</i> (A.Rich.) Engl. | Burseraceae | Phanerophyte | gum | (partly) fleshy | | sweets | raw | Sahel & Sudan |
| <i>Commiphora africana</i> (A.Rich.) Engl. | Burseraceae | Phanerophyte | root | (partly) fleshy | | processed | cooked | Sahel & Sudan |
| <i>Corchorus aestuans</i> L. | Malvaceae | Therophyte | whole plant | dry | | vegetable | cooked | Sudan |
| <i>Corchorus fascicularis</i> Lam. | Malvaceae | Therophyte | leaf | dry | | sauce | cooked | Sahel & Sudan |
| <i>Corchorus olitorius</i> L. | Malvaceae | Therophyte | leaf | dry | | sauce | cooked | Sahel & Sudan |
| <i>Cordia myxa</i> L. | Boraginaceae | Phanerophyte | fruit | (partly) fleshy | | fresh | raw | Sudan |
| <i>Cordia myxa</i> L. | Boraginaceae | Phanerophyte | seed | (partly) fleshy | | drink | raw | Sudan |
| <i>Cordia myxa</i> L. | Boraginaceae | Phanerophyte | seed | (partly) fleshy | | drink | cooked | Sudan |
| <i>Cordia myxa</i> L. | Boraginaceae | Phanerophyte | flower | (partly) fleshy | | vegetable | cooked | Sudan |

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| <i>Cordia sinensis</i> Lam. | Boraginaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel |
| <i>Cordia sinensis</i> Lam. | Boraginaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel |
| <i>Cordia sinensis</i> Lam. | Boraginaceae | Phanerophyte | fruit | (partly) fleshy | sweets | cooked | Sahel |
| <i>Cordyla pinnata</i> (Lepr. ex A.Rich.) Milne-Redh. | Fabaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Cordyla pinnata</i> (Lepr. ex A.Rich.) Milne-Redh. | Fabaceae | Phanerophyte | fruit | (partly) fleshy | vegetable | cooked | Sudan |
| <i>Cordyla pinnata</i> (Lepr. ex A.Rich.) Milne-Redh. | Fabaceae | Phanerophyte | fruit | (partly) fleshy | dried | raw | Sudan |
| <i>Cordyla pinnata</i> (Lepr. ex A.Rich.) Milne-Redh. | Fabaceae | Phanerophyte | seed | (partly) fleshy | cereals | cooked | Sudan |
| <i>Costus lucanusianus</i> J.Braun & K.Schum. | Costaceae | Geophyte | shoot | (partly) fleshy | vegetable | cooked | Sudan |
| <i>Crateva adansonii</i> DC. | Capparaceae | Phanerophyte | fruit | (partly) fleshy | roasted | roasted | Sahel & Sudan |
| <i>Crateva adansonii</i> DC. | Capparaceae | Phanerophyte | leaf | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| <i>Crateva adansonii</i> DC. | Capparaceae | Phanerophyte | seed | (partly) fleshy | roasted | roasted | Sahel & Sudan |
| <i>Crotalaria pallida</i> Aiton | Fabaceae | Chamaephyte | seed | dry | drink | cooked | Sudan |
| <i>Cucumis melo</i> L. | Cucurbitaceae | Therophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Cucumis metuliferus</i> E.Mey. ex Naudin | Cucurbitaceae | Therophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Cucumis metuliferus</i> E.Mey. ex Naudin | Cucurbitaceae | Therophyte | fruit | (partly) fleshy | spice | cooked | Sahel & Sudan |
| <i>Cymbopogon caesius</i> (Nees ex Hook. & Arn.) Stapf | Poaceae | Hemicryptophyte | unknown | dry | soup | cooked | Sudan |
| <i>Cyperus amabilis</i> Vahl | Cyperaceae | Therophyte | seed | dry | fresh | raw | Sahel & Sudan |
| <i>Cyperus articulatus</i> L. | Cyperaceae | Geophyte | rhizome | dry | fresh | raw | Sahel |
| <i>Cyperus conglomeratus</i> Rottb. | Cyperaceae | Geophyte | tuber | dry | sauce | cooked | Sahel |
| <i>Cyperus conglomeratus</i> Rottb. | Cyperaceae | Geophyte | tuber | dry | fresh | raw | Sahel |
| <i>Cyperus dilatatus</i> Schumach. & Thonn. | Cyperaceae | Geophyte | rhizome | dry | fresh | raw | Sahel & Sudan |
| <i>Cyperus esculentus</i> L. | Cyperaceae | Geophyte | tuber | dry | fresh | raw | Sahel & Sudan |
| <i>Cyperus esculentus</i> L. | Cyperaceae | Geophyte | tuber | dry | roasted | roasted | Sahel & Sudan |
| <i>Cyperus esculentus</i> L. | Cyperaceae | Geophyte | tuber | dry | cooked | cooked | Sahel & Sudan |
| <i>Cyperus exaltatus</i> Retz. | Cyperaceae | Geophyte | whole plant | dry | spice | burnt | Sudan |
| <i>Cyperus exaltatus</i> Retz. | Cyperaceae | Geophyte | rhizome | dry | grated | raw | Sudan |
| <i>Cyperus maculatus</i> Boeckeler | Cyperaceae | Geophyte | tuber | dry | fresh | raw | Sudan |
| <i>Cyperus maculatus</i> Boeckeler | Cyperaceae | Geophyte | tuber | dry | unknown | unknown | Sudan |
| <i>Cyperus maculatus</i> Boeckeler | Cyperaceae | Geophyte | tuber | dry | cooked | cooked | Sudan |
| <i>Cyperus rotundus</i> L. | Cyperaceae | Geophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Cyperus rotundus</i> L. | Cyperaceae | Geophyte | tuber | dry | fresh | raw | Sahel & Sudan |
| <i>Cyperus rotundus</i> L. | Cyperaceae | Geophyte | tuber | dry | cooked | cooked | Sahel & Sudan |
| <i>Cyperus sphacelatus</i> Rottb. | Cyperaceae | Hemicryptophyte | seed | dry | sweets | raw | Sudan |
| <i>Dactyloctenium aegyptium</i> (L.) Willd. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Dactyloctenium aegyptium</i> (L.) Willd. | Poaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| <i>Detarium microcarpum</i> Guill. & Perr. | Fabaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Detarium microcarpum</i> Guill. & Perr. | Fabaceae | Phanerophyte | fruit | (partly) fleshy | sweets | cooked | Sudan |
| <i>Detarium microcarpum</i> Guill. & Perr. | Fabaceae | Phanerophyte | fruit | (partly) fleshy | cooked | cooked | Sudan |
| <i>Detarium microcarpum</i> Guill. & Perr. | Fabaceae | Phanerophyte | leaf | (partly) fleshy | vegetable | cooked | Sudan |
| <i>Detarium microcarpum</i> Guill. & Perr. | Fabaceae | Phanerophyte | seed | (partly) fleshy | sweets | raw | Sudan |
| <i>Detarium microcarpum</i> Guill. & Perr. | Fabaceae | Phanerophyte | seed | (partly) fleshy | sweets | cooked | Sudan |
| <i>Detarium senegalense</i> J.F.Gmel. | Fabaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Detarium senegalense</i> J.F.Gmel. | Fabaceae | Phanerophyte | fruit | (partly) fleshy | sweets | cooked | Sudan |

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|---|---------------|--------------|-------------|-----------------|-----------|---------|---------------|
| <i>Detarium senegalense</i> J.F.Gmel. | Fabaceae | Phanerophyte | seed | (partly) fleshy | drink | cooked | Sudan |
| <i>Dialium guineense</i> Willd. | Fabaceae | Phanerophyte | fruit | dry | fresh | raw | Sudan |
| <i>Dialium guineense</i> Willd. | Fabaceae | Phanerophyte | fruit | dry | drink | raw | Sudan |
| <i>Dialium guineense</i> Willd. | Fabaceae | Phanerophyte | fruit | dry | drink | cooked | Sudan |
| <i>Dialium guineense</i> Willd. | Fabaceae | Phanerophyte | fruit | dry | dried | raw | Sudan |
| <i>Dichrostachys cinerea</i> (L.) Wight & Arn. | Fabaceae | Phanerophyte | fruit | dry | unknown | unknown | Sahel & Sudan |
| <i>Dichrostachys cinerea</i> (L.) Wight & Arn. | Fabaceae | Phanerophyte | seed | dry | unknown | unknown | Sahel & Sudan |
| <i>Digitaria ciliaris</i> (Retz.) Koeler | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Digitaria ciliaris</i> (Retz.) Koeler | Poaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| <i>Digitaria exilis</i> (Kippist) Stapf | Poaceae | Therophyte | seed | dry | cereals | cooked | Sudan |
| <i>Digitaria exilis</i> (Kippist) Stapf | Poaceae | Therophyte | seed | dry | drink | cooked | Sudan |
| <i>Digitaria horizontalis</i> Willd. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Digitaria horizontalis</i> Willd. | Poaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| <i>Dinebra retroflexa</i> (Vahl) Panz. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel |
| <i>Dioscorea abyssinica</i> Hochst. ex Kunth | Dioscoreaceae | Geophyte | tuber | dry | cooked | cooked | Sudan |
| <i>Dioscorea bulbifera</i> L. | Dioscoreaceae | Geophyte | tuber | dry | cooked | cooked | Sudan |
| <i>Dioscorea bulbifera</i> L. | Dioscoreaceae | Geophyte | bulbil | dry | cooked | cooked | Sudan |
| <i>Dioscorea dumetorum</i> (Kunth) Pax | Dioscoreaceae | Geophyte | tuber | dry | cooked | cooked | Sudan |
| <i>Dioscorea hirtiflora</i> Benth. | Dioscoreaceae | Geophyte | tuber | dry | processed | cooked | Sudan |
| <i>Dioscorea minutiflora</i> Engl. | Dioscoreaceae | Geophyte | tuber | dry | processed | cooked | Sudan |
| <i>Dioscorea praehensilis</i> Benth. | Dioscoreaceae | Geophyte | leaf | dry | vegetable | cooked | Sudan |
| <i>Dioscorea praehensilis</i> Benth. | Dioscoreaceae | Geophyte | shoot | dry | vegetable | cooked | Sudan |
| <i>Dioscorea praehensilis</i> Benth. | Dioscoreaceae | Geophyte | tuber | dry | processed | cooked | Sudan |
| <i>Dioscorea quartiniana</i> A.Rich. | Dioscoreaceae | Geophyte | tuber | dry | processed | cooked | Sudan |
| <i>Dioscorea sagittifolia</i> Pax | Dioscoreaceae | Geophyte | tuber | dry | cooked | cooked | Sahel & Sudan |
| <i>Dioscorea schimperiana</i> Hochst. ex Kunth | Dioscoreaceae | Geophyte | tuber | dry | cooked | cooked | Sudan |
| <i>Dioscorea schimperiana</i> Hochst. ex Kunth | Dioscoreaceae | Geophyte | bulbil | dry | cooked | cooked | Sudan |
| <i>Dioscorea smilacifolia</i> De Wild. | Dioscoreaceae | Geophyte | root | dry | cooked | cooked | Sudan |
| <i>Dioscorea togoensis</i> R.Knuth | Dioscoreaceae | Geophyte | bulbil | dry | cooked | cooked | Sudan |
| <i>Diospyros mespiliformis</i> Hochst. ex A.DC. | Ebenaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Diospyros mespiliformis</i> Hochst. ex A.DC. | Ebenaceae | Phanerophyte | leaf | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| <i>Echinochloa colona</i> (L.) Link | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Echinochloa colona</i> (L.) Link | Poaceae | Therophyte | whole plant | dry | spice | burnt | Sahel & Sudan |
| <i>Echinochloa pyramidalis</i> (Lam.) Hitchc. & Chase | Poaceae | Helophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Echinochloa pyramidalis</i> (Lam.) Hitchc. & Chase | Poaceae | Helophyte | whole plant | dry | spice | burnt | Sahel & Sudan |
| <i>Echinochloa stagnina</i> (Retz.) P.Beauv. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Echinochloa stagnina</i> (Retz.) P.Beauv. | Poaceae | Therophyte | shoot | dry | drink | cooked | Sahel & Sudan |
| <i>Echinochloa stagnina</i> (Retz.) P.Beauv. | Poaceae | Therophyte | shoot | dry | vegetable | cooked | Sahel & Sudan |
| <i>Echinochloa stagnina</i> (Retz.) P.Beauv. | Poaceae | Therophyte | sap | dry | drink | raw | Sahel & Sudan |
| <i>Eclipta prostrata</i> (L.) L. | Asteraceae | Therophyte | leaf | dry | vegetable | cooked | Sahel & Sudan |
| <i>Elaeis guineensis</i> Jacq. | Arecaceae | Phanerophyte | fruit | (partly) fleshy | oil | raw | Sudan |
| <i>Elaeis guineensis</i> Jacq. | Arecaceae | Phanerophyte | fruit | (partly) fleshy | oil | cooked | Sudan |
| <i>Elaeis guineensis</i> Jacq. | Arecaceae | Phanerophyte | seed | (partly) fleshy | fresh | raw | Sudan |

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| <i>Elaeis guineensis</i> Jacq. | Arecaceae | Phanerophyte | sap | (partly) fleshy | drink | raw | Sudan |
| <i>Elaeis guineensis</i> Jacq. | Arecaceae | Phanerophyte | sap | (partly) fleshy | drink | cooked | Sudan |
| <i>Eleusine indica</i> (L.) Gaertn. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sudan |
| <i>Entada abyssinica</i> Steud. ex A.Rich. | Fabaceae | Phanerophyte | fruit | dry | vegetable | raw | Sudan |
| <i>Entada abyssinica</i> Steud. ex A.Rich. | Fabaceae | Phanerophyte | seed | dry | vegetable | roasted | Sudan |
| <i>Eragrostis cilianensis</i> (All.) Vignolo ex Janch. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Eragrostis ciliaris</i> (L.) R.Br. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Eragrostis gangetica</i> (Roxb.) Steud. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Eragrostis pilosa</i> (L.) P.Beauv. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Eriochloa fatmensis</i> (Hochst. & Steud.) Clayton | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Eriosema pulcherrimum</i> Taub. | Fabaceae | Hemicryptophyte | root | dry | unknown | unknown | Sudan |
| <i>Euphorbia balsamifera</i> Aiton | Euphorbiaceae | Phanerophyte | leaf | (partly) fleshy | soup | cooked | Sahel & Sudan |
| <i>Euphorbia balsamifera</i> Aiton | Euphorbiaceae | Phanerophyte | branch | (partly) fleshy | soup | cooked | Sahel & Sudan |
| <i>Feretia apodanthera</i> Delile | Rubiaceae | Phanerophyte | fruit | (partly) fleshy | drink | cooked | Sahel & Sudan |
| <i>Ficus abutilifolia</i> (Miq.) Miq. | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus asperifolia</i> Miq. | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus capreifolia</i> Delile | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus capreifolia</i> Delile | Moraceae | Phanerophyte | fruit | (partly) fleshy | dried | raw | Sudan |
| <i>Ficus dicranostyla</i> Mildbr. | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus dicranostyla</i> Mildbr. | Moraceae | Phanerophyte | leaf | (partly) fleshy | vegetable | raw | Sudan |
| <i>Ficus glumosa</i> Delile | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Ficus ingens</i> (Miq.) Miq. | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus natalensis</i> Hochst. | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus ovata</i> Vahl | Moraceae | Phanerophyte | bark | (partly) fleshy | chewed | raw | Sahel & Sudan |
| <i>Ficus platyphylla</i> Delile | Moraceae | Phanerophyte | fruit | (partly) fleshy | spice | cooked | Sahel & Sudan |
| <i>Ficus platyphylla</i> Delile | Moraceae | Phanerophyte | fruit | (partly) fleshy | vegetable | raw | Sahel & Sudan |
| <i>Ficus polita</i> Vahl | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus sur</i> Forssk. | Moraceae | Phanerophyte | bark | (partly) fleshy | chewed | raw | Sudan |
| <i>Ficus sycomorus</i> L. | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Ficus sycomorus</i> L. | Moraceae | Phanerophyte | fruit | (partly) fleshy | drink | raw | Sahel & Sudan |
| <i>Ficus sycomorus</i> L. | Moraceae | Phanerophyte | fruit | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| <i>Ficus sycomorus</i> L. | Moraceae | Phanerophyte | leaf | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| <i>Ficus sycomorus</i> L. | Moraceae | Phanerophyte | bark | (partly) fleshy | chewed | raw | Sahel & Sudan |
| <i>Ficus trichopoda</i> Baker | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus umbellata</i> Vahl | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus umbellata</i> Vahl | Moraceae | Phanerophyte | leaf | (partly) fleshy | spice | cooked | Sudan |
| <i>Ficus umbellata</i> Vahl | Moraceae | Phanerophyte | bud | (partly) fleshy | spice | cooked | Sudan |
| <i>Ficus vallis-choudae</i> Delile | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Ficus vallis-choudae</i> Delile | Moraceae | Phanerophyte | bark | (partly) fleshy | chewed | raw | Sudan |
| <i>Ficus vogeliana</i> (Miq.) Miq. | Moraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Flacourtia indica</i> (Burm.f.) Merr. | Salicaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Fuirena umbellata</i> Rottb. | Cyperaceae | Geophyte | whole plant | dry | spice | burnt | Sudan |
| <i>Fuirena umbellata</i> Rottb. | Cyperaceae | Geophyte | tuber | dry | unknown | unknown | Sudan |

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| <i>Gardenia aqualla</i> Stapf & Hutch. | Rubiaceae | Phanerophyte | fruit | dry | fresh | raw | Sudan |
| <i>Gardenia erubescens</i> Stapf & Hutch. | Rubiaceae | Phanerophyte | fruit | dry | fresh | raw | Sudan |
| <i>Gardenia erubescens</i> Stapf & Hutch. | Rubiaceae | Phanerophyte | fruit | dry | cooked | cooked | Sudan |
| <i>Gardenia erubescens</i> Stapf & Hutch. | Rubiaceae | Phanerophyte | leaf | dry | spice | cooked | Sudan |
| <i>Gladiolus atropurpureus</i> Baker | Iridaceae | Geophyte | corm | dry | soup | cooked | Sahel & Sudan |
| <i>Gladiolus dalenii</i> Van Geel | Iridaceae | Geophyte | corm | dry | roasted | roasted | Sudan |
| <i>Gladiolus dalenii</i> Van Geel | Iridaceae | Geophyte | corm | dry | cooked | cooked | Sudan |
| <i>Gladiolus gregarius</i> Welw. ex Baker | Iridaceae | Geophyte | flower | dry | cooked | cooked | Sahel & Sudan |
| <i>Gladiolus gregarius</i> Welw. ex Baker | Iridaceae | Geophyte | corm | dry | cooked | cooked | Sahel & Sudan |
| <i>Gomphrena globosa</i> L. | Amaranthaceae | Therophyte | whole plant | dry | drink | cooked | Sudan |
| <i>Grewia barteri</i> Burret | Malvaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Grewia bicolor</i> Juss. | Malvaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Grewia bicolor</i> Juss. | Malvaceae | Phanerophyte | leaf | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| <i>Grewia cissoides</i> Hutch. & Dalziel | Malvaceae | Chamaephyte | fruit | (partly) fleshy | soup | cooked | Sudan |
| <i>Grewia cissoides</i> Hutch. & Dalziel | Malvaceae | Chamaephyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Grewia cissoides</i> Hutch. & Dalziel | Malvaceae | Chamaephyte | fruit | (partly) fleshy | dried | raw | Sudan |
| <i>Grewia flavescens</i> Juss. | Malvaceae | Phanerophyte | fruit | (partly) fleshy | drink | raw | Sahel & Sudan |
| <i>Grewia lasiodiscus</i> K.Schum. | Malvaceae | Phanerophyte | fruit | (partly) fleshy | spice | raw | Sahel & Sudan |
| <i>Grewia mollis</i> Juss. | Malvaceae | Phanerophyte | bark | (partly) fleshy | soup | cooked | Sudan |
| <i>Grewia mollis</i> Juss. | Malvaceae | Phanerophyte | branch | (partly) fleshy | spice | burnt | Sudan |
| <i>Grewia mollis</i> Juss. | Malvaceae | Phanerophyte | flower | (partly) fleshy | spice | cooked | Sudan |
| <i>Grewia mollis</i> Juss. | Malvaceae | Phanerophyte | root | (partly) fleshy | spice | burnt | Sudan |
| <i>Grewia tenax</i> (Forssk.) Fiori | Malvaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel |
| <i>Grewia tenax</i> (Forssk.) Fiori | Malvaceae | Phanerophyte | fruit | (partly) fleshy | dried | raw | Sahel |
| <i>Grewia villosa</i> Willd. | Malvaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Grewia villosa</i> Willd. | Malvaceae | Phanerophyte | fruit | (partly) fleshy | dried | raw | Sahel & Sudan |
| <i>Gymnema sylvestre</i> (Retz.) Schult. | Apocynaceae | Phanerophyte | leaf | dry | soup | cooked | Sahel & Sudan |
| <i>Gymnosporia senegalensis</i> (Lam.) Loes. | Celastraceae | Phanerophyte | fruit | (partly) fleshy | soup | cooked | Sudan |
| <i>Gymnosporia senegalensis</i> (Lam.) Loes. | Celastraceae | Phanerophyte | leaf | (partly) fleshy | soup | cooked | Sudan |
| <i>Gymnosporia senegalensis</i> (Lam.) Loes. | Celastraceae | Phanerophyte | leaf | (partly) fleshy | spice | burnt | Sudan |
| <i>Haematostaphis barteri</i> Hook.f. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Haematostaphis barteri</i> Hook.f. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | oil | cooked | Sudan |
| <i>Haematostaphis barteri</i> Hook.f. | Anacardiaceae | Phanerophyte | seed | (partly) fleshy | oil | raw | Sudan |
| <i>Haematostaphis barteri</i> Hook.f. | Anacardiaceae | Phanerophyte | seed | (partly) fleshy | oil | cooked | Sudan |
| <i>Heliotropium zeylanicum</i> (Burm.f.) Lam. | Boraginaceae | Hemicryptophyte | whole plant | dry | drink | cooked | Sahel |
| <i>Hexalobus monopetalus</i> (A.Rich.) Engl. & Diels | Annonaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Hibiscus rostellatus</i> Guill. & Perr. | Malvaceae | Therophyte | leaf | dry | vegetable | cooked | Sudan |
| <i>Hibiscus scotellii</i> Baker f. | Malvaceae | Phanerophyte | flower | dry | spice | cooked | Sudan |
| <i>Hoslundia opposita</i> Vahl | Lamiaceae | Chamaephyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Hygrophila auriculata</i> (Schumach.) Heine | Acanthaceae | Therophyte | whole plant | dry | spice | burnt | Sahel & Sudan |
| <i>Hymenocardia acida</i> Tul. | Phyllanthaceae | Phanerophyte | fruit | dry | spice | cooked | Sudan |
| <i>Hymenocardia acida</i> Tul. | Phyllanthaceae | Phanerophyte | leaf | dry | spice | cooked | Sudan |
| <i>Hyphaene thebaica</i> (L.) Mart. | Arecaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |

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| Hyphaene thebaica (L.) Mart. | Arecaceae | Phanerophyte | seed | (partly) fleshy | fresh | raw | Sudan |
| Hyphaene thebaica (L.) Mart. | Arecaceae | Phanerophyte | seed | (partly) fleshy | cooked | cooked | Sudan |
| Imperata cylindrica (L.) Raeusch. | Poaceae | Geophyte | whole plant | dry | spice | burnt | Sahel & Sudan |
| Imperata cylindrica (L.) Raeusch. | Poaceae | Geophyte | shoot | dry | vegetable | cooked | Sahel & Sudan |
| Imperata cylindrica (L.) Raeusch. | Poaceae | Geophyte | root | dry | fresh | raw | Sahel & Sudan |
| Imperata cylindrica (L.) Raeusch. | Poaceae | Geophyte | rhizome | dry | cooked | cooked | Sahel & Sudan |
| Ipomoea aquatica Forssk. | Convolvulaceae | Therophyte | leaf | dry | sauce | cooked | Sahel & Sudan |
| Ipomoea cairica (L.) Sweet | Convolvulaceae | Geophyte | leaf | dry | vegetable | cooked | Sudan |
| Ipomoea cairica (L.) Sweet | Convolvulaceae | Geophyte | shoot | dry | cooked | cooked | Sudan |
| Ipomoea cairica (L.) Sweet | Convolvulaceae | Geophyte | tuber | dry | processed | cooked | Sudan |
| Ischaemum rugosum Salisb. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sudan |
| Isoberlinia tomentosa (Harms) Craib & Stapf | Fabaceae | Phanerophyte | leaf | dry | sauce | cooked | Sudan |
| Jasminum dichotomum Vahl | Oleaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Justicia ladanoides Lam. | Acanthaceae | Chamaephyte | leaf | dry | vegetable | cooked | Sudan |
| Keetia venosa (Oliv.) Bridson | Rubiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Kigelia africana (Lam.) Benth. | Bignoniaceae | Phanerophyte | fruit | dry | drink | cooked | Sudan |
| Kyllinga erecta Schumach. | Cyperaceae | Geophyte | rhizome | dry | spice | cooked | Sudan |
| Landolphia heudelotii A.DC. | Apocynaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Landolphia hirsuta (Hua) Pichon | Apocynaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Lannea acida A.Rich. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Lannea acida A.Rich. | Anacardiaceae | Phanerophyte | gum | (partly) fleshy | drink | raw | Sahel & Sudan |
| Lannea barteri (Oliv.) Engl. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Lannea egregia Engl. & K.Krause | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Lannea fruticosa (Hochst. ex A.Rich.) Engl. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Lannea fruticosa (Hochst. ex A.Rich.) Engl. | Anacardiaceae | Phanerophyte | root | (partly) fleshy | cooked | cooked | Sudan |
| Lannea microcarpa Engl. & K.Krause | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Lannea velutina A.Rich. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Lantana ukambensis (Vatke) Verdc. | Verbenaceae | Chamaephyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Laportea aestuans (L.) Chew | Urticaceae | Therophyte | leaf | | vegetable | cooked | Sudan |
| Launaea taraxacifolia (Willd.) Amin ex C.Jeffrey | Asteraceae | Hemicryptophyte | leaf | | vegetable | cooked | Sahel |
| Leptadenia hastata (Pers.) Decne. | Apocynaceae | Phanerophyte | flower | dry | spice | cooked | Sahel & Sudan |
| Leptadenia pyrotechnica (Forssk.) Decne. | Apocynaceae | Phanerophyte | leaf | dry | spice | cooked | Sahel & Sudan |
| Leptadenia pyrotechnica (Forssk.) Decne. | Apocynaceae | Phanerophyte | flower | dry | vegetable | cooked | Sahel & Sudan |
| Leptadenia pyrotechnica (Forssk.) Decne. | Apocynaceae | Phanerophyte | flower | dry | sweets | raw | Sahel & Sudan |
| Leptothrium senegalense (Kunth) Clayton | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Lippia chevalieri Moldenke | Verbenaceae | Chamaephyte | leaf | dry | drink | cooked | Sudan |
| Lippia chevalieri Moldenke | Verbenaceae | Chamaephyte | flower | dry | drink | cooked | Sudan |
| Lippia multiflora Moldenke | Verbenaceae | Phanerophyte | fruit | dry | sauce | cooked | Sudan |
| Lippia multiflora Moldenke | Verbenaceae | Phanerophyte | leaf | dry | sauce | cooked | Sudan |
| Lippia multiflora Moldenke | Verbenaceae | Phanerophyte | flower | dry | sauce | cooked | Sudan |
| Lophira lanceolata Tiegh. ex Keay | Ochnaceae | Phanerophyte | fruit | dry | oil | cooked | Sudan |
| Luffa cylindrica (L.) M.Roem. | Cucurbitaceae | Therophyte | fruit | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Macrosphyra longistyla (DC.) Hiern | Rubiaceae | Phanerophyte | fruit | dry | fresh | raw | Sudan |

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|---|------------------|-----------------|-------------|-----------------|-----------|--------|---------------|
| Maerua angolensis DC. | Capparaceae | Phanerophyte | leaf | dry | spice | cooked | Sahel & Sudan |
| Maerua angolensis DC. | Capparaceae | Phanerophyte | seed | dry | spice | cooked | Sahel & Sudan |
| Maerua crassifolia Forssk. | Capparaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel |
| Maerua crassifolia Forssk. | Capparaceae | Phanerophyte | leaf | (partly) fleshy | vegetable | cooked | Sahel |
| Maranthes polyandra (Benth.) Prance | Chrysobalanaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Margaritaria discoidea (Baill.) G.L.Webster | Phyllanthaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Margaritaria discoidea (Baill.) G.L.Webster | Phyllanthaceae | Phanerophyte | branch | (partly) fleshy | spice | burnt | Sudan |
| Marsilea minuta L. | Marsileaceae | Helophyte | leaf | | spice | cooked | Sahel & Sudan |
| Melochia corchorifolia L. | Malvaceae | Therophyte | whole plant | dry | vegetable | cooked | Sahel & Sudan |
| Merremia emarginata (Burm.f.) Hallier f. | Convolvulaceae | Geophyte | leaf | dry | soup | cooked | Sahel |
| Merremia emarginata (Burm.f.) Hallier f. | Convolvulaceae | Geophyte | shoot | dry | vegetable | cooked | Sahel |
| Mimosa pigra L. | Fabaceae | Phanerophyte | whole plant | dry | spice | burnt | Sudan |
| Momordica balsamina L. | Cucurbitaceae | Therophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Monechma ciliatum (Jacq.) Milne-Redh. | Acanthaceae | Therophyte | seed | dry | oil | cooked | Sahel & Sudan |
| Morelia senegalensis A.Rich. | Rubiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Mucuna pruriens (L.) DC. | Fabaceae | Phanerophyte | fruit | dry | vegetable | cooked | Sudan |
| Mucuna pruriens (L.) DC. | Fabaceae | Phanerophyte | shoot | dry | vegetable | cooked | Sudan |
| Nymphaea lotus L. | Nymphaeaceae | Hydrophyte | fruit | (partly) fleshy | vegetable | raw | Sahel & Sudan |
| Nymphaea lotus L. | Nymphaeaceae | Hydrophyte | fruit | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Nymphaea lotus L. | Nymphaeaceae | Hydrophyte | rhizome | (partly) fleshy | soup | cooked | Sahel & Sudan |
| Nymphaea maculata Schumach. & Thonn. | Nymphaeaceae | Hydrophyte | fruit | (partly) fleshy | vegetable | raw | Sahel & Sudan |
| Nymphaea maculata Schumach. & Thonn. | Nymphaeaceae | Hydrophyte | fruit | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Nymphaea micrantha Guill. & Perr. | Nymphaeaceae | Hydrophyte | fruit | (partly) fleshy | vegetable | raw | Sahel & Sudan |
| Nymphaea micrantha Guill. & Perr. | Nymphaeaceae | Hydrophyte | fruit | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Ocimum gratissimum L. | Lamiaceae | Chamaephyte | flower | dry | spice | raw | Sudan |
| Ocimum gratissimum L. | Lamiaceae | Chamaephyte | flower | dry | spice | cooked | Sudan |
| Olax subscorpioidea Oliv. | Olacaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Oncoba spinosa Forssk. | Salicaceae | Phanerophyte | fruit | dry | fresh | raw | Sudan |
| Ophioglossum reticulatum L. | Ophioglossaceae | Geophyte | leaf | | vegetable | raw | Sahel & Sudan |
| Ophioglossum reticulatum L. | Ophioglossaceae | Geophyte | leaf | | vegetable | cooked | Sahel & Sudan |
| Oryza barthii A.Chev. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Oryza longistaminata A.Chev. & Roehr. | Poaceae | Helophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Oxytenanthera abyssinica (A.Rich.) Munro | Poaceae | Phanerophyte | seed | dry | cereals | cooked | Sudan |
| Oxytenanthera abyssinica (A.Rich.) Munro | Poaceae | Phanerophyte | shoot | dry | vegetable | cooked | Sudan |
| Ozoroa obovata (Oliv.) R.Fern. & A.Fern. | Anacardiaceae | Phanerophyte | bark | (partly) fleshy | drink | cooked | Sudan |
| Ozoroa obovata (Oliv.) R.Fern. & A.Fern. | Anacardiaceae | Phanerophyte | root | (partly) fleshy | drink | cooked | Sudan |
| Panicum antidotale Retz. | Poaceae | Geophyte | seed | dry | cereals | cooked | Sudan |
| Panicum fluviicola Steud. | Poaceae | Hemicryptophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Panicum laetum Kunth | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Panicum laetum Kunth | Poaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| Panicum pansum Rendle | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Panicum pansum Rendle | Poaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| Panicum subalbidum Kunth | Poaceae | Hemicryptophyte | seed | dry | cereals | cooked | Sahel & Sudan |

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|---|------------------|-----------------|-------------|-----------------|-----------|--------|---------------|
| <i>Panicum subalbidum</i> Kunth | Poaceae | Hemicryptophyte | seed | dry | drink | cooked | Sahel & Sudan |
| <i>Parinari curatellifolia</i> Planch. ex Benth. | Chrysobalanaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Parinari curatellifolia</i> Planch. ex Benth. | Chrysobalanaceae | Phanerophyte | fruit | (partly) fleshy | drink | cooked | Sudan |
| <i>Parinari curatellifolia</i> Planch. ex Benth. | Chrysobalanaceae | Phanerophyte | seed | (partly) fleshy | sweets | cooked | Sudan |
| <i>Parkia biglobosa</i> (Jacq.) R.Br. ex G.Don | Fabaceae | Phanerophyte | fruit | dry | fresh | raw | Sahel & Sudan |
| <i>Parkia biglobosa</i> (Jacq.) R.Br. ex G.Don | Fabaceae | Phanerophyte | seed | dry | spice | cooked | Sahel & Sudan |
| <i>Parkinsonia aculeata</i> L. | Fabaceae | Phanerophyte | fruit | dry | fresh | raw | Sudan |
| <i>Parkinsonia aculeata</i> L. | Fabaceae | Phanerophyte | leaf | dry | spice | cooked | Sudan |
| <i>Parkinsonia aculeata</i> L. | Fabaceae | Phanerophyte | flower | dry | fresh | raw | Sudan |
| <i>Paspalum scrobiculatum</i> L. | Poaceae | Hemicryptophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Paullinia pinnata</i> L. | Sapindaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Pavetta corymbosa</i> (DC.) F.N.Williams | Rubiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Pavetta corymbosa</i> (DC.) F.N.Williams | Rubiaceae | Phanerophyte | seed | (partly) fleshy | drink | cooked | Sudan |
| <i>Pavetta crassipes</i> K.Schum. | Rubiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Pavetta crassipes</i> K.Schum. | Rubiaceae | Phanerophyte | leaf | (partly) fleshy | spice | raw | Sudan |
| <i>Pavetta crassipes</i> K.Schum. | Rubiaceae | Phanerophyte | leaf | (partly) fleshy | spice | cooked | Sudan |
| <i>Pennisetum purpureum</i> Schumach. | Poaceae | Chamaephyte | shoot | dry | vegetable | cooked | Sahel |
| <i>Pennisetum unisetum</i> (Nees) Benth. | Poaceae | Hemicryptophyte | seed | dry | cereals | cooked | Sudan |
| <i>Pentadesma butyracea</i> Sabine | Clusiaceae | Phanerophyte | seed | (partly) fleshy | oil | cooked | Sudan |
| <i>Peperomia pellucida</i> H.B. & K. | Piperaceae | Therophyte | unknown | dry | vegetable | cooked | Sudan |
| <i>Pergularia daemia</i> (Forssk.) Chiov. | Apocynaceae | Chamaephyte | leaf | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| <i>Pericopsis laxiflora</i> (Benth.) Meeuwen | Fabaceae | Phanerophyte | fruit | dry | sauce | cooked | Sudan |
| <i>Persicaria senegalensis</i> (Meisn.) Soják | Polygonaceae | Chamaephyte | whole plant | dry | vegetable | cooked | Sudan |
| <i>Philenoptera cyanescens</i> (Schumach. & Thonn.) Roberty | Fabaceae | Phanerophyte | leaf | dry | spice | cooked | Sudan |
| <i>Philenoptera laxiflora</i> (Guill. & Perr.) Roberty | Fabaceae | Phanerophyte | fruit | dry | vegetable | cooked | Sudan |
| <i>Philenoptera laxiflora</i> (Guill. & Perr.) Roberty | Fabaceae | Phanerophyte | leaf | dry | vegetable | cooked | Sudan |
| <i>Philenoptera laxiflora</i> (Guill. & Perr.) Roberty | Fabaceae | Phanerophyte | bark | dry | spice | cooked | Sudan |
| <i>Philenoptera laxiflora</i> (Guill. & Perr.) Roberty | Fabaceae | Phanerophyte | flower | dry | vegetable | cooked | Sudan |
| <i>Phoenix reclinata</i> Jacq. | Arecaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Phoenix reclinata</i> Jacq. | Arecaceae | Phanerophyte | shoot | (partly) fleshy | vegetable | cooked | Sudan |
| <i>Phoenix reclinata</i> Jacq. | Arecaceae | Phanerophyte | sap | (partly) fleshy | drink | raw | Sudan |
| <i>Phoenix reclinata</i> Jacq. | Arecaceae | Phanerophyte | bud | (partly) fleshy | fresh | raw | Sudan |
| <i>Phragmites australis</i> (Cav.) Steud. | Poaceae | Geophyte | seed | dry | cereals | cooked | Sudan |
| <i>Phragmites australis</i> (Cav.) Steud. | Poaceae | Geophyte | shoot | dry | fresh | raw | Sudan |
| <i>Phragmites australis</i> (Cav.) Steud. | Poaceae | Geophyte | shoot | dry | vegetable | cooked | Sudan |
| <i>Phragmites australis</i> (Cav.) Steud. | Poaceae | Geophyte | shoot | dry | sweets | raw | Sudan |
| <i>Phragmites australis</i> (Cav.) Steud. | Poaceae | Geophyte | root | dry | fresh | raw | Sudan |
| <i>Phragmites australis</i> (Cav.) Steud. | Poaceae | Geophyte | root | dry | cooked | cooked | Sudan |
| <i>Phragmites karka</i> (Retz.) Steud. | Poaceae | Geophyte | shoot | dry | vegetable | cooked | Sudan |
| <i>Phyllanthus muellerianus</i> (Kuntze) Exell | Phyllanthaceae | Phanerophyte | fruit | (partly) fleshy | sweets | cooked | Sudan |
| <i>Phyllanthus muellerianus</i> (Kuntze) Exell | Phyllanthaceae | Phanerophyte | leaf | (partly) fleshy | soup | cooked | Sudan |
| <i>Phyllanthus muellerianus</i> (Kuntze) Exell | Phyllanthaceae | Phanerophyte | bark | (partly) fleshy | cooked | cooked | Sudan |
| <i>Phyllanthus muellerianus</i> (Kuntze) Exell | Phyllanthaceae | Phanerophyte | flower | (partly) fleshy | drink | cooked | Sudan |

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|---|-----------------|--------------|-------------|-----------------|-----------|---------|---------------|
| <i>Phyllanthus reticulatus</i> Poir. | Phyllanthaceae | Phanerophyte | fruit | (partly) fleshy | sweets | cooked | Sahel & Sudan |
| <i>Phyllanthus reticulatus</i> Poir. | Phyllanthaceae | Phanerophyte | leaf | (partly) fleshy | soup | cooked | Sahel & Sudan |
| <i>Piliostigma reticulatum</i> (DC.) Hochst. | Fabaceae | Phanerophyte | leaf | dry | drink | cooked | Sahel & Sudan |
| <i>Piliostigma reticulatum</i> (DC.) Hochst. | Fabaceae | Phanerophyte | leaf | dry | spice | cooked | Sahel & Sudan |
| <i>Piliostigma reticulatum</i> (DC.) Hochst. | Fabaceae | Phanerophyte | branch | dry | drink | cooked | Sahel & Sudan |
| <i>Piliostigma reticulatum</i> (DC.) Hochst. | Fabaceae | Phanerophyte | branch | dry | spice | cooked | Sahel & Sudan |
| <i>Piliostigma thonningii</i> (Schumach.) Milne-Redh. | Fabaceae | Phanerophyte | leaf | dry | drink | cooked | Sudan |
| <i>Piliostigma thonningii</i> (Schumach.) Milne-Redh. | Fabaceae | Phanerophyte | leaf | dry | spice | cooked | Sudan |
| <i>Piliostigma thonningii</i> (Schumach.) Milne-Redh. | Fabaceae | Phanerophyte | branch | dry | drink | cooked | Sudan |
| <i>Piliostigma thonningii</i> (Schumach.) Milne-Redh. | Fabaceae | Phanerophyte | branch | dry | spice | cooked | Sudan |
| <i>Polycarpaea corymbosa</i> (L.) Lam. | Caryophyllaceae | Therophyte | whole plant | dry | spice | cooked | Sahel & Sudan |
| <i>Portulaca oleracea</i> L. | Portulacaceae | Therophyte | leaf | dry | fresh | raw | Sahel & Sudan |
| <i>Pouteria alnifolia</i> (Baker) Roberty | Sapotaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Psophocarpus palustris</i> Desv. | Fabaceae | Phanerophyte | fruit | dry | vegetable | cooked | Sudan |
| <i>Psophocarpus palustris</i> Desv. | Fabaceae | Phanerophyte | tuber | dry | vegetable | cooked | Sudan |
| <i>Pterocarpus lucens</i> Lepr. ex Guill. & Perr. | Fabaceae | Phanerophyte | leaf | dry | vegetable | cooked | Sahel & Sudan |
| <i>Pterocarpus santalinoides</i> DC. | Fabaceae | Phanerophyte | seed | dry | cereals | cooked | Sudan |
| <i>Raphia sudanica</i> A.Chev. | Arecaceae | Phanerophyte | sap | (partly) fleshy | drink | raw | Sudan |
| <i>Raphionacme brownii</i> Scott-Elliot | Apocynaceae | Geophyte | tuber | dry | fresh | raw | Sudan |
| <i>Raphionacme brownii</i> Scott-Elliot | Apocynaceae | Geophyte | tuber | dry | cooked | cooked | Sudan |
| <i>Raphionacme splendens</i> Schlechter | Apocynaceae | Geophyte | tuber | dry | fresh | raw | Sudan |
| <i>Raphionacme splendens</i> Schlechter | Apocynaceae | Geophyte | tuber | dry | cooked | cooked | Sudan |
| <i>Rhus crenulata</i> A.Rich. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Rhus crenulata</i> A.Rich. | Anacardiaceae | Phanerophyte | bark | (partly) fleshy | drink | cooked | Sudan |
| <i>Rhus longipes</i> Engl. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | drink | cooked | Sudan |
| <i>Rottboellia cochinchinensis</i> (Lour.) Clayton | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Rourea minor</i> (Gaertn.) Alston | Connaraceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Saba comorensis</i> (Bojer ex A.DC.) Pichon | Apocynaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Saba senegalensis</i> (A.DC.) Pichon | Apocynaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Sacciolepis africana</i> C.E.Hubb. & Snowden | Poaceae | Helophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| <i>Sarcocephalus latifolius</i> (Sm.) E.A.Bruce | Rubiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| <i>Sarcocephalus latifolius</i> (Sm.) E.A.Bruce | Rubiaceae | Phanerophyte | fruit | (partly) fleshy | dried | raw | Sudan |
| <i>Sclerocarya birrea</i> (A.Rich.) Hochst. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| <i>Sclerocarya birrea</i> (A.Rich.) Hochst. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | drink | raw | Sahel & Sudan |
| <i>Sclerocarya birrea</i> (A.Rich.) Hochst. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | drink | cooked | Sahel & Sudan |
| <i>Sclerocarya birrea</i> (A.Rich.) Hochst. | Anacardiaceae | Phanerophyte | seed | (partly) fleshy | oil | raw | Sahel & Sudan |
| <i>Sclerocarya birrea</i> (A.Rich.) Hochst. | Anacardiaceae | Phanerophyte | seed | (partly) fleshy | oil | roasted | Sahel & Sudan |
| <i>Securidaca longipedunculata</i> Fresen. | Polygalaceae | Phanerophyte | flower | dry | sauce | cooked | Sudan |
| <i>Sericanthe chevalieri</i> (K.Krause) Robbr. | Rubiaceae | Phanerophyte | seed | (partly) fleshy | drink | roasted | Sudan |
| <i>Sesamum alatum</i> Thonn. | Pedaliaceae | Therophyte | leaf | dry | vegetable | cooked | Sahel |
| <i>Sesamum radiatum</i> Schumach. & Thonn. | Pedaliaceae | Therophyte | seed | dry | sweets | cooked | Sudan |
| <i>Sesbania bispinosa</i> (Jacq.) W.Wight | Fabaceae | Therophyte | seed | dry | vegetable | cooked | Sahel |
| <i>Sesbania bispinosa</i> (Jacq.) W.Wight | Fabaceae | Therophyte | flower | dry | unknown | unknown | Sahel |

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|---|---------------|-----------------|-------------|-----------------|-----------|--------|---------------|
| Sesbania pachycarpa DC. | Fabaceae | Phanerophyte | seed | dry | spice | cooked | Sahel & Sudan |
| Sesbania sesban (L.) Merr. | Fabaceae | Phanerophyte | fruit | dry | vegetable | cooked | Sudan |
| Sesbania sesban (L.) Merr. | Fabaceae | Phanerophyte | flower | dry | vegetable | cooked | Sudan |
| Setaria pumila (Poir.) Roem. & Schult. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Setaria verticillata (L.) P.Beauv. | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel & Sudan |
| Setaria verticillata (L.) P.Beauv. | Poaceae | Therophyte | seed | dry | drink | cooked | Sahel & Sudan |
| Smilax anceps Willd. | Smilacaceae | Geophyte | leaf | (partly) fleshy | fresh | raw | Sudan |
| Smilax anceps Willd. | Smilacaceae | Geophyte | shoot | (partly) fleshy | cooked | cooked | Sudan |
| Smilax anceps Willd. | Smilacaceae | Geophyte | rhizome | (partly) fleshy | cooked | cooked | Sudan |
| Solanum nigrum L. | Solanaceae | Therophyte | fruit | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Solanum nigrum L. | Solanaceae | Therophyte | leaf | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Sonchus oleraceus L. | Asteraceae | Therophyte | leaf | dry | vegetable | cooked | Sudan |
| Sonchus oleraceus L. | Asteraceae | Therophyte | shoot | dry | vegetable | cooked | Sudan |
| Sorghum arundinaceum (Desv.) Stapf | Poaceae | Therophyte | seed | dry | cereals | cooked | Sudan |
| Sorghum arundinaceum (Desv.) Stapf | Poaceae | Therophyte | seed | dry | drink | cooked | Sudan |
| Sphenostylis schweinfurthii Harms | Fabaceae | Chamaephyte | seed | dry | cereals | cooked | Sudan |
| Sphenostylis schweinfurthii Harms | Fabaceae | Chamaephyte | flower | dry | vegetable | cooked | Sudan |
| Sphenostylis stenocarpa (Hochst. ex A.Rich.) Harms | Fabaceae | Phanerophyte | tuber | dry | vegetable | raw | Sahel |
| Sphenostylis stenocarpa (Hochst. ex A.Rich.) Harms | Fabaceae | Phanerophyte | tuber | dry | vegetable | cooked | Sahel |
| Spondias mombin L. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Spondias mombin L. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | drink | raw | Sudan |
| Spondias mombin L. | Anacardiaceae | Phanerophyte | fruit | (partly) fleshy | drink | cooked | Sudan |
| Sporobolus pyramidalis P.Beauv. | Poaceae | Hemicryptophyte | seed | dry | cereals | cooked | Sudan |
| Sporobolus pyramidalis P.Beauv. | Poaceae | Hemicryptophyte | seed | dry | drink | cooked | Sudan |
| Sterculia setigera Delile | Malvaceae | Phanerophyte | seed | dry | spice | cooked | Sahel & Sudan |
| Sterculia setigera Delile | Malvaceae | Phanerophyte | gum | dry | spice | cooked | Sahel & Sudan |
| Sterculia tragacantha Lindl. | Malvaceae | Phanerophyte | leaf | dry | vegetable | cooked | Sudan |
| Strychnos innocua Delile | Loganiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Strychnos spinosa Lam. | Loganiaceae | Phanerophyte | leaf | (partly) fleshy | vegetable | cooked | Sudan |
| Strychnos spinosa Lam. | Loganiaceae | Phanerophyte | flower | (partly) fleshy | vegetable | cooked | Sudan |
| Stylochaeton hypogaeus Lepr. | Araceae | Geophyte | flower | (partly) fleshy | sauce | cooked | Sahel & Sudan |
| Stylochaeton hypogaeus Lepr. | Araceae | Geophyte | rhizome | (partly) fleshy | processed | cooked | Sahel & Sudan |
| Stylochaeton lancifolius Kotschy & Peyr. | Araceae | Geophyte | flower | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Stylochaeton lancifolius Kotschy & Peyr. | Araceae | Geophyte | rhizome | (partly) fleshy | processed | cooked | Sahel & Sudan |
| Stylosanthes fruticosa (Retz.) Alston | Fabaceae | Phanerophyte | unknown | dry | vegetable | cooked | Sahel & Sudan |
| Synsepalum brevipes (Baker) T.D.Penn. | Sapotaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Synsepalum pobeguianum (Pierre ex Lecomte) Aké Assi & L.Gaut. | Sapotaceae | Phanerophyte | fruit | (partly) fleshy | vegetable | cooked | Sudan |
| Syzygium guineense (Willd.) DC. | Myrtaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Syzygium guineense (Willd.) DC. | Myrtaceae | Phanerophyte | fruit | (partly) fleshy | drink | raw | Sudan |
| Syzygium guineense (Willd.) DC. | Myrtaceae | Phanerophyte | fruit | (partly) fleshy | drink | cooked | Sudan |
| Tacazzea apiculata Oliv. | Apocynaceae | Phanerophyte | flower | dry | vegetable | cooked | Sudan |
| Tacca leontopetaloides (L.) Kuntze | Dioscoreaceae | Geophyte | tuber | dry | processed | cooked | Sudan |
| Talinum triangulare (Jacq.) Willd. | Talinaceae | Therophyte | whole plant | dry | vegetable | cooked | Sudan |

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| Tamarindus indica L. | Fabaceae | Phanerophyte | fruit | dry | drink | raw | Sahel & Sudan |
| Tamarindus indica L. | Fabaceae | Phanerophyte | fruit | dry | drink | cooked | Sahel & Sudan |
| Tamarindus indica L. | Fabaceae | Phanerophyte | fruit | dry | spice | raw | Sahel & Sudan |
| Tamarindus indica L. | Fabaceae | Phanerophyte | fruit | dry | spice | cooked | Sahel & Sudan |
| Tephrosia linearis (Willd.) Pers. | Fabaceae | Therophyte | leaf | dry | spice | cooked | Sahel & Sudan |
| Tephrosia purpurea (L.) Pers. | Fabaceae | Therophyte | seed | dry | drink | cooked | Sahel |
| Teramnus labialis (L.f.) Spreng. | Fabaceae | Therophyte | leaf | dry | vegetable | cooked | Sudan |
| Thaumatococcus daniellii (Bennet) Benth. | Marantaceae | Geophyte | fruit | (partly) fleshy | spice | raw | Sudan |
| Trianthema portulacastrum L. | Asteraceae | Therophyte | whole plant | dry | fresh | raw | Sahel & Sudan |
| Trichilia emetica Vahl | Meliaceae | Phanerophyte | fruit | dry | fresh | raw | Sudan |
| Trichilia emetica Vahl | Meliaceae | Phanerophyte | fruit | dry | oil | cooked | Sudan |
| Triclisia subcordata Oliv. | Menispermaceae | Phanerophyte | fruit | (partly) fleshy | unknown | unknown | Sudan |
| Uapaca togoensis Pax | Phyllanthaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Urochloa jubata (Fig. & De Not.) Sosef | Poaceae | Hemicryptophyte | seed | dry | cereals | cooked | Sudan |
| Urochloa trichopus (Hochst.) Stapf | Poaceae | Therophyte | seed | dry | cereals | cooked | Sahel |
| Uvaria chamae P.Beauv. | Annonaceae | Phanerophyte | fruit | dry | fresh | raw | Sudan |
| Vernonia cinerea (L.) Less. | Asteraceae | Therophyte | whole plant | dry | vegetable | cooked | Sudan |
| Vernonia colorata (Willd.) Drake | Asteraceae | Phanerophyte | leaf | dry | vegetable | cooked | Sudan |
| Vernonia perrottetii Sch.Bip. ex Walp. | Asteraceae | Therophyte | leaf | dry | spice | cooked | Sudan |
| Vernonia perrottetii Sch.Bip. ex Walp. | Asteraceae | Therophyte | leaf | dry | vegetable | cooked | Sudan |
| Vernonia pumila Kotschy & Peyr. | Asteraceae | Hemicryptophyte | tuber | dry | vegetable | cooked | Sudan |
| Vigna adenantha (G.Mey.) Maréchal & Mascherpa & Stainier | Fabaceae | Phanerophyte | fruit | dry | vegetable | cooked | Sudan |
| Vigna adenantha (G.Mey.) Maréchal & Mascherpa & Stainier | Fabaceae | Phanerophyte | root | dry | vegetable | cooked | Sudan |
| Vigna reticulata Hook.f. | Fabaceae | Therophyte | fruit | dry | vegetable | cooked | Sudan |
| Vitellaria paradoxa C.F.Gaertn. | Sapotaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Vitellaria paradoxa C.F.Gaertn. | Sapotaceae | Phanerophyte | seed | (partly) fleshy | oil | cooked | Sudan |
| Vitex doniana Sweet | Lamiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Vitex doniana Sweet | Lamiaceae | Phanerophyte | fruit | (partly) fleshy | roasted | roasted | Sahel & Sudan |
| Vitex doniana Sweet | Lamiaceae | Phanerophyte | leaf | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Vitex madiensis Oliv. | Lamiaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sudan |
| Vitex madiensis Oliv. | Lamiaceae | Phanerophyte | fruit | (partly) fleshy | cooked | cooked | Sudan |
| Voacanga africana Stapf | Apocynaceae | Phanerophyte | branch | (partly) fleshy | spice | burnt | Sudan |
| Vossia cuspidata (Roxb.) Griff. | Poaceae | Helophyte | whole plant | dry | spice | burnt | Sahel & Sudan |
| Ximenia americana L. | Ximeniaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Ximenia americana L. | Ximeniaceae | Phanerophyte | seed | (partly) fleshy | oil | cooked | Sahel & Sudan |
| Xylopia acutiflora (Dunal) A.Rich. | Annonaceae | Phanerophyte | fruit | (partly) fleshy | spice | cooked | Sudan |
| Xylopia aethiopica (Dunal) A.Rich. | Annonaceae | Phanerophyte | fruit | (partly) fleshy | spice | cooked | Sudan |
| Xylopia aethiopica (Dunal) A.Rich. | Annonaceae | Phanerophyte | bark | (partly) fleshy | spice | cooked | Sudan |
| Xylopia aethiopica (Dunal) A.Rich. | Annonaceae | Phanerophyte | shoot | (partly) fleshy | vegetable | cooked | Sudan |
| Zanthoxylum zanthoxyloides (Lam.) Zepern. & Timler | Rutaceae | Phanerophyte | leaf | dry | spice | cooked | Sudan |
| Zanthoxylum zanthoxyloides (Lam.) Zepern. & Timler | Rutaceae | Phanerophyte | seed | dry | spice | cooked | Sudan |
| Ziziphus abyssinica A.Rich. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | vegetable | cooked | Sudan |
| Ziziphus abyssinica A.Rich. | Rhamnaceae | Phanerophyte | seed | (partly) fleshy | oil | cooked | Sudan |

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| Ziziphus mauritiana Lam. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Ziziphus mauritiana Lam. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Ziziphus mauritiana Lam. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | drink | raw | Sahel & Sudan |
| Ziziphus mauritiana Lam. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | drink | cooked | Sahel & Sudan |
| Ziziphus mauritiana Lam. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | sweets | cooked | Sahel & Sudan |
| Ziziphus mucronata Willd. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | vegetable | raw | Sahel & Sudan |
| Ziziphus mucronata Willd. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | vegetable | cooked | Sahel & Sudan |
| Ziziphus spina-christi (L.) Desf. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Ziziphus spina-christi (L.) Desf. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Ziziphus spina-christi (L.) Desf. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | fresh | raw | Sahel & Sudan |
| Ziziphus spina-christi (L.) Desf. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | drink | raw | Sahel & Sudan |
| Ziziphus spina-christi (L.) Desf. | Rhamnaceae | Phanerophyte | fruit | (partly) fleshy | drink | cooked | Sahel & Sudan |
| Zornia glochidiata Rchb. ex DC. | Fabaceae | Therophyte | whole plant | dry | vegetable | cooked | Sahel & Sudan |