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The analysis of nutritional properties and other bioactive compounds in wild fruits of Sikkim indicate potential to fulfill nutritional requirements locally and can find place in the global markets. : Physical features of selected wild edible fruits. â€¦ Figures - uploaded by Gopal Shukla.Â N utritional qualit y of some. wild leafy vegetables in South Africa. Inte rnationa l. Jo urn al of F ood Sci enc e and Nut riti on, 60: 424 - . 43 1. Bagra G, De LC, Singh VB 2006.Â Ethnobotanical studies on wild edible fr uits in south- ern Yunnan: Folk names; nutritional value and uses. Econom ic Botany, 53 : 2-14 . In two studies, higher vegetable intake, but not fruit intake, was associated with less cognitive decline(Reference Kang, Ascherio and Grodstein9, Reference Morris, Evans and Tangney10).Â The Doetinchem Cohort Study(Reference Verschuren, Blokstra and Picavet15) is an ongoing prospective study that included a general population sample of 7769 men and women aged 20â€“59 years during the first examination (1987â€“91).Â Vegetables were subdivided into leafy vegetables (chicory, endive, lettuce and spinach, except cabbage), fruiting vegetables (cucumber, sweet pepper and tomato), root vegetables (carrots and red beets), cabbages, mushrooms and allium (garlic, onion and leek). Legumes consist of green beans, green peas and other legumes. An integrated assessment of 68 wild leafy vegetables was also carried out to prioritize them for proper exploitation, conservation, and sustainable management. A total of 68 wild edible vegetables belonging to 42 families were documented which are being used by indigenous communities for nutritive and therapeutic purposes. Of these species, 54 are perennial (79 %) while others are annual (19 %).Â Ethnobotanical studies on wild food plants associated with tribal communities of central India, Tamil Nadu, Maharashtra, Northeastern India, etc. [21 â€“24] are reported from India. The tribal communities of the Himalayan region of India use over 195 wild edible species [25].Â Table 5 Integrated values of evaluation criteria of the wild edible vegetables of Manipur.