

# Ngobit

LAIKIPIA COUNTY, KENYA



## Nutritious Food Portfolios

for targeting year-round food harvest and nutrient gaps

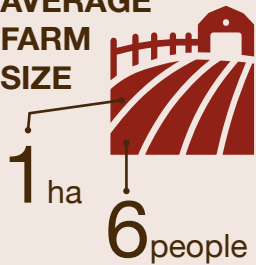
The food tree and crop portfolios are location-specific recommendations for cultivating a greater diversity of foods that could address month-on-month food harvest and micronutrient gaps in local households' diets.

The identification of location-specific portfolios involves the following:

- Determining food production diversity and seasonality.
- Mapping harvest months of foods against periods of food insecurity.
- Capturing individual-level food consumption data, to identify dietary gaps.
- As well as filling food harvest gaps, addressing nutrient gaps by matching prioritized foods with food composition data.

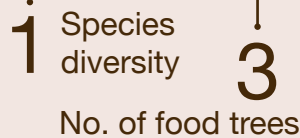
The portfolios provide an example of how agriculture may be used to promote nutritionally rich diets, particularly for rural smallholders who rely predominantly on foods from their own farms.

### AVERAGE FARM SIZE



### FOOD TREES

average



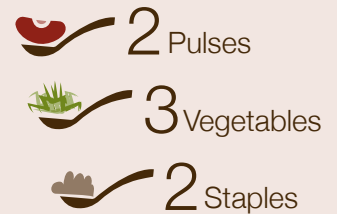
### FOOD INSECURITY

92% of households in previous 12 months



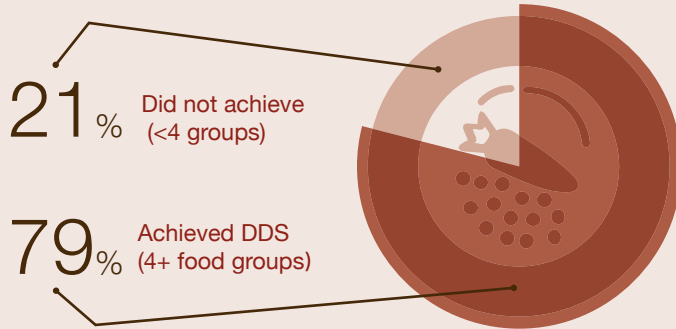
7 months of food provisioning

### FOOD CROP DIVERSITY

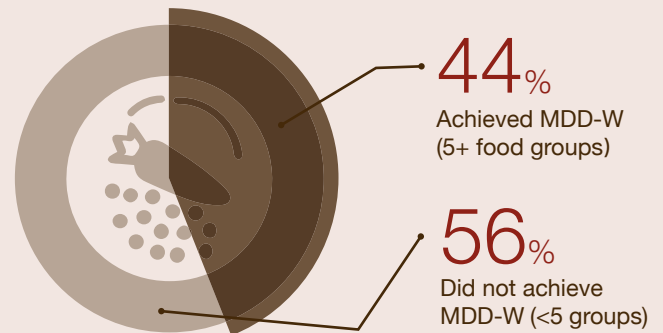


### DIETARY DIVERSITY\*

#### Children's Dietary Diversity\*\*



#### Minimum Dietary Diversity - Women\*\*\*



\* Dietary diversity assessed at individual level is a proxy indicator of diet quality. It assesses the variety of food groups consumed in a specific time period. Higher scores indicate better diet quality.

\*\* For children >2years 7 food groups were used, for children ≥2years 9 food groups DDS was used.

\*\*\* At least 5 food groups out of 10.

### FRUIT INTAKE

based on 24 hour food recall



Average amount of fruit consumed by only children who had consumed a fruit

183 grams

Average amount of fruit consumed by children interviewed

60 grams



Average amount of fruit consumed by only women who had consumed a fruit

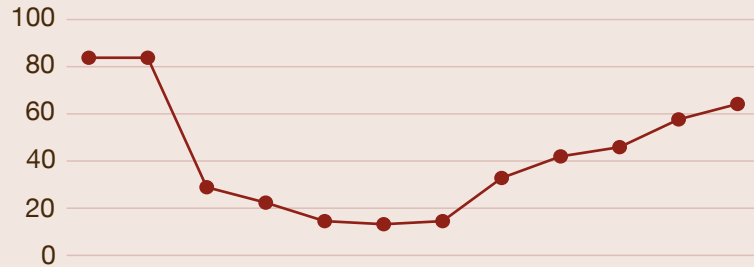
173 grams

Average amount of fruit consumed by women interviewed

50 grams

# MONTHS OF FOOD INSECURITY

(identified in households interviewed)



Food Name <sup>a</sup> , Scientific Name		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	IRON	VITAMIN A <sup>b</sup>	FOLATE	VITAMIN C	
FRUITS	<b>BANANA</b> <i>Musa spp.</i> <sup>**2, *3</sup>	■	■	■	■	■	■	■	■	■	■	■	■	~	~	~	~	
	<b>LOQUAT</b> <i>Eriobotrya japonica</i>			■	■										+++			
	<b>MULBERRY</b> <i>Morus alba</i>													~	■		~	
	<b>ORANGE</b> <i>Citrus sinensis</i> <sup>**1</sup>							■	■	■							~	+++
	<b>ANNONA/CUSTARD APPLE</b> <i>Annona reticulata</i>	■							■	■					~		■	++
	<b>PASSION FRUIT</b> <i>Passiflora edulis</i> <sup>*1</sup>	■											■	■	~	++		++
	<b>TREE TOMATO/TAMARILLO</b> <i>Solanum betaceum/Cyphomandra betacea</i>	■											■	■		++		++
	<b>LEMON</b> <i>Citrus limon</i>	■											■	■				+++
	<b>KIWANO/THORN MELON</b> <i>Cucumis metuliferus</i> <sup>*2</sup>								■	■	■				~			
	<b>KARONDA</b> <i>Carissa spinarum</i> <sup>**3</sup>									■	■	■			++			+++
	<b>WILD BERRY</b> <i>Rhus natalensis/vulgaris</i>									■	■	■			■	■	■	■
	<b>GUAVA</b> <i>Psidium guajava</i>										■				~	~		+++
	<b>AVOCADO</b> <i>Persea americana</i> <sup>**1</sup>														~		~	~
VEGETABLES	<b>STINGING NETTLE</b> <i>Urtica dioica</i>													++	+++		■	
	<b>PUMPKIN, leaves</b> <i>Cucurbita maxima</i>													++	++	~		
	<b>AMARANTH, leaves</b> <i>Amaranthus spp.</i>													+++	+++	~	++	
	<b>BLACK NIGHTSHADE, leaves</b> <i>Solanum nigrum</i>													+++	+++	■	~	
	<b>CABBAGE</b> <i>Brassica oleracea var. capitata</i>															~	++	
	<b>PUMPKIN</b> <i>Cucurbita maxima</i>									■				~	++			
STAPLES	<b>CASSAVA</b> <i>Manihot esculenta</i>													~			~	
	<b>POTATO</b> <i>Solanum tuberosum</i> <sup>**3, *3</sup>													~			~	
	<b>MAIZE, sweet yellow</b> <i>Zea mays</i> <sup>**1</sup>										■			~	~			
	<b>PEARL MILLET</b> <i>Pennisetum glaucum</i>										■	■		++				
PULSES	<b>COWPEA</b> <i>Vigna unguiculata</i>													~		++		
	<b>HYACINTH BEAN/DOLICHOS</b> <i>Lablab purpureus</i>													~				
	<b>PEA</b> <i>Pisum sativum</i> <sup>*1</sup>													~		~		
	<b>BEAN</b> <i>Phaseolus vulgaris</i> <sup>**2, *2</sup>													~		~		

## NOTES:

- a Fruits as well as nuts refer to raw foods, whereas staples, pulses and vegetables are represented in their cooked (boiled) form.
- b Vitamin A (calculations based on Vitamin A retinol equivalent = retinol + 1/6 beta-carotene + 1/12 alpha-carotene + 1/12 beta-cryptoxanthin). Data are expressed per 100g fresh weight of edible portion.
- \* most sold
- \*\* most consumed
- <sup>1,2,3</sup> as prioritized by farmers (staples and pulses considered together)

## KEY:

+++	high source	□	not a source
++	source	■	no data available
~	present, but low source		