



## Nutritious Food Portfolios

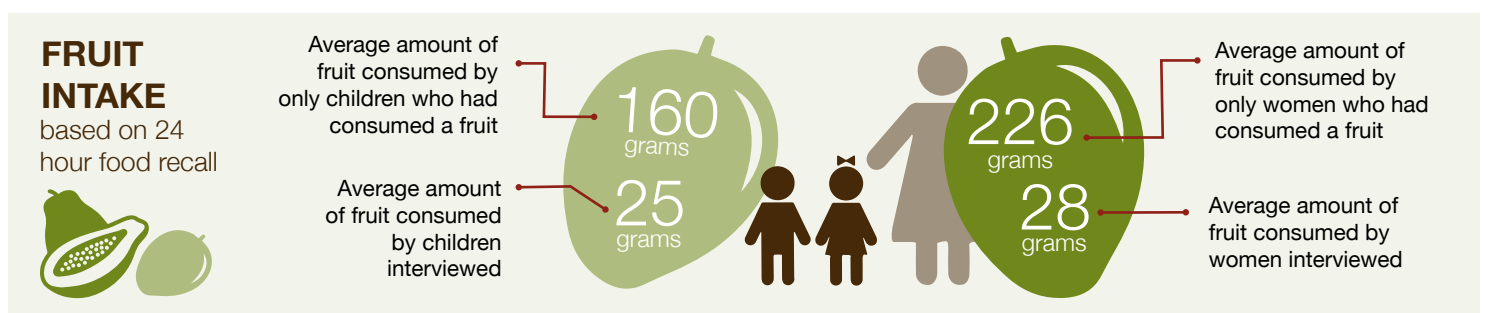
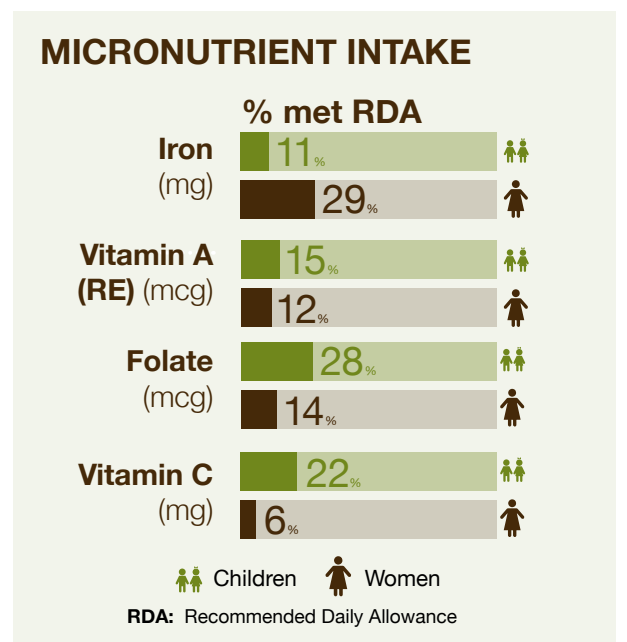
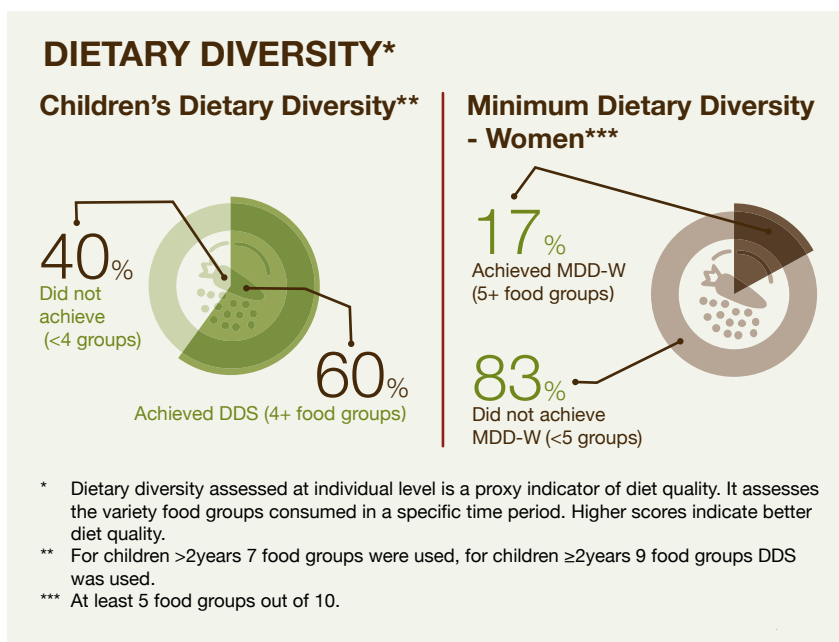
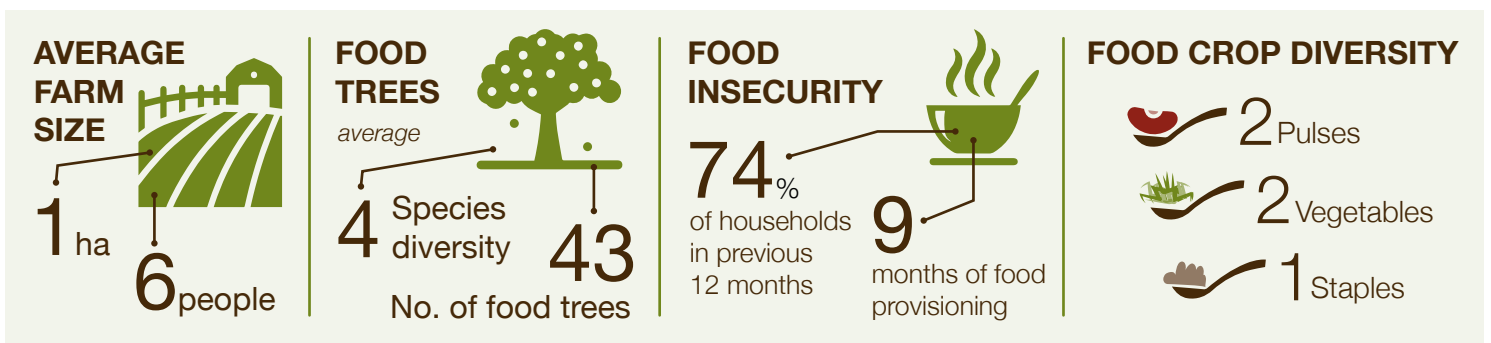
for targeting year-round food harvest and nutrient gaps

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:

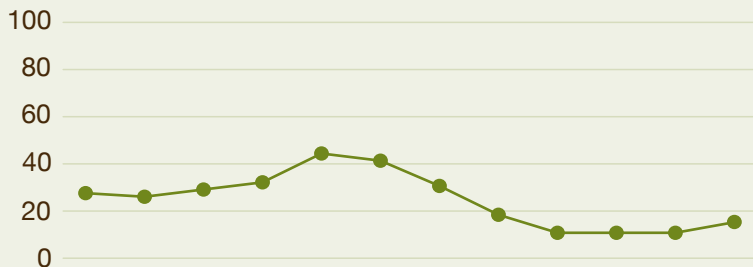
- Determining food production diversity and seasonality.
- Mapping harvest months of foods against periods of food insecurity.
- Capturing individual-level food consumption data, to identify dietary gaps.
- As well as filling food harvest gaps, addressing nutrient gaps by matching prioritized foods with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



# 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>COCONUT</b> <i>Cocos nucifera</i> <sup>**1, *</sup>													++		~	
	<b>BANANA</b> <i>Musa spp.</i>															~	~
	<b>PAWPAW/PAPAYA</b> <i>Carica papaya</i>													~	++	~	+++
	<b>ANNONA/CUSTARD APPLE</b> <i>Annona reticulata</i>													~			++
	<b>BAOBAB</b> <i>Adansonia digitata</i>													+++		~	+++
	<b>MANGO</b> <i>Mangifera indica</i> <sup>**2</sup>													~	+++	~	++
	<b>ORANGE</b> <i>Citrus sinensis</i> <sup>*2</sup>															~	+++
	<b>LEMON</b> <i>Citrus limon</i> <sup>*3</sup>																+++
	<b>GUAVA</b> <i>Psidium guajava</i>													~	~		+++
	<b>TANGERINE</b> <i>Citrus reticulata</i>														~		++
	<b>JACKFRUIT</b> <i>Artocarpus heterophyllus</i>															~	~
	<b>TAMARIND</b> <i>Tamarindus indica</i> <sup>**3</sup>													++			~
VEGETABLES	<b>WILD LETTUCE</b> <i>Lactuca virosa</i> <sup>**1</sup>																
	<b>PUMPKIN, leaves</b> <i>Cucurbita maxima</i>													~	++		
	<b>BLACK NIGHTSHADE, leaves</b> <i>Solanum nigrum</i> <sup>*3</sup>													+++	+++		~
	<b>SPINACH</b> <i>Spinacia oleracea</i> <sup>**3, *2</sup>													++	+++	++	~
	<b>KALE</b> <i>Brassica oleracea</i> <sup>**2, *1</sup>													~	+++	++	~
STAPLES	<b>MAIZE, sweet, yellow</b> <i>Zea mays</i> <sup>**1, *1</sup>												~	~			
	<b>SORGHUM</b> <i>Sorghum bicolor</i>												~				
	<b>SWEET POTATO, yellow</b> <i>Ipomoea batatas</i>												~	+++	~	~	
	<b>SWEET POTATO, pale</b> <i>Ipomoea batatas</i>												~		~	~	
	<b>RICE, brown</b> <i>Oryza sativa</i> <sup>**2, *2</sup>												~				
	<b>RICE, white</b> <i>Oryza sativa</i> <sup>**2, *2</sup>																
PULSES	<b>BEAN</b> <i>Phaseolus vulgaris</i> <sup>*3</sup>												~		~		
	<b>MUNG BEAN/GREEN GRAM</b> <i>Vigna radiata</i> <sup>**3, *3</sup>												~		++		
	<b>COWPEA</b> <i>Vigna unguiculata</i>												~		++		
	<b>PIGEON PEA</b> <i>Cajanus cajan</i>												++		~		
	<b>CASHEW NUT</b> <i>Anacardium occidentale</i>												+++		~		

## 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