

Nakasongola

UGANDA



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



FOOD INSECURITY

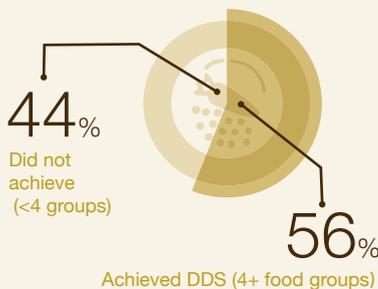


FOOD CROP DIVERSITY

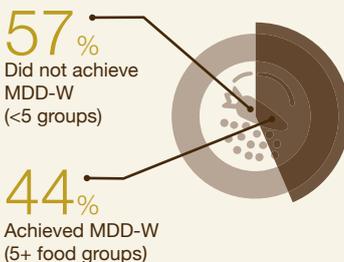


DIETARY DIVERSITY*

Children's Dietary Diversity**



Minimum Dietary Diversity - Women***

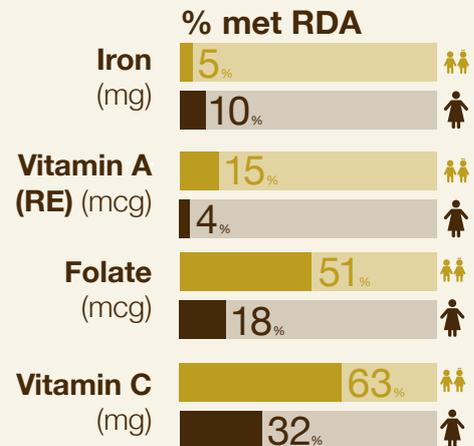


* Dietary diversity assessed at individual level is a proxy indicator of diet quality. It assesses the variety food groups consumed in a specific time period. Higher scores indicate better diet quality.

** 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.

MICRONUTRIENT INTAKE



Icon Children Icon Women

RDA: Recommended Daily Allowance

FRUIT INTAKE

based on 24 hour food recall



MONTHS OF FOOD INSECURITY

(identified in households interviewed)



		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	IRON	VITAMIN A ¹	FOLATE	VITAMIN C
FRUITS	BANANA pulp, raw <i>Musa spp.</i>	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
	JACKFRUIT pulp, raw <i>Artocarpus heterophyllus</i> ** ¹	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
	PAWPAW pulp, raw <i>Carica papaya</i>	~	~	~	~	~	~	~	~	~	~	~	~	~	++	~	+++
	MANGO pulp, ripe, raw <i>Mangifera indica</i> ** ²	~	~	~	~	~	~	~	~	~	~	~	~	~	+++	~	++
	AVOCADO pulp, raw <i>Persea americana</i>	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
	LEMON pulp, raw <i>Citrus limon</i>	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	+++
	TAMARIND <i>Tamarindus indica</i>	~	~	~	~	~	~	~	~	~	~	~	~	++	~	~	~
	SOURSOP pulp, raw <i>Annona muricata</i>	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	++
	ORANGE pulp, raw <i>Citrus sinensis</i> ** ³	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	+++
	TRIANGLE FLOWERED WILD MEDLAR (IND) OMUTUGUNDA <i>Vangueria apiculata</i>	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
	BLACK OLIVE raw AFRICAN ELEMI (ind) <i>Canarium schweinfurthii</i>	~	~	~	~	~	~	~	~	~	~	~	~	+++	~	~	~
GUAVA pulp, raw <i>Psidium guajava</i>	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	+++	
VEGETABLES	EGGPLANT/ETHIOPIAN NIGHTSHADE <i>Solanum aethiopicum</i>	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
	AMARANTH SPINACH leaves, boiled <i>Amaranthus hybridus</i> subsp. <i>Incurvatus</i>	~	~	~	~	~	~	~	~	~	~	~	~	+++	~	~	~
	AMARANTH SPINACH leaves, boiled <i>Amaranthus dubius</i>	~	~	~	~	~	~	~	~	~	~	~	~	++	+++	~	~
	AFRICAN SPIDER HERB leaves, boiled <i>Cleome gynandra</i> / <i>Gynandropsis gynandra</i>	~	~	~	~	~	~	~	~	~	~	~	~	+++	+++	++	++
STAPLES	SWEET POTATO tuber, yellow/ deep-yellow, boiled <i>Ipomoea batatas</i> ** ³	~	~	~	~	~	~	~	~	~	~	~	~	~	+++	~	~
	SWEET POTATO tuber, pale yellow, boiled <i>Ipomoea batatas</i> ** ³	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
	CASSAVA tuber, boiled <i>Manihota esculenta</i> ** ¹	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
	WATER YAM tuber, boiled <i>Dioscorea alata</i>	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
PULSES	GROUND NUTS raw <i>Arachis hypogaea</i>	~	~	~	~	~	~	~	~	~	~	~	~	+++	~	+++	~
	BEANS mature, whole, water-soaked, boiled <i>Phaseolus vulgaris</i> ** ²	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

NOTES:

1 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.

^{1,2,3} as prioritized by farmers (staples and pulses considered together).

KEY:

+++ high source

□ not a source

++ source

■ no data available

~ present, but low source