

Nakaseke

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

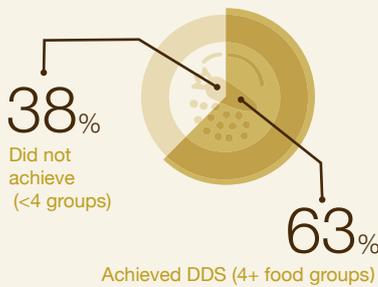


FOOD CROP DIVERSITY

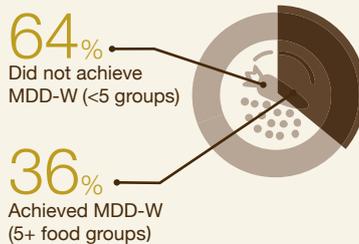


DIETARY DIVERSITY*

Children's Dietary Diversity**



Minimum Dietary Diversity - Women***

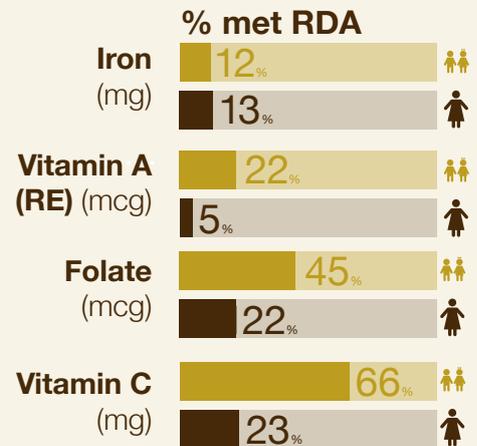


* Dietary diversity assessed at individual level is a proxy indicator of diet quality. It assesses the variety food groups consumed in a specific time period. Higher scores indicate better diet quality.

** 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



Children Women

RDA: Recommended Daily Allowance

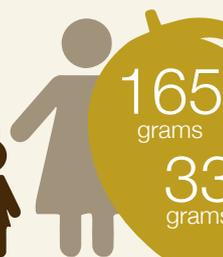
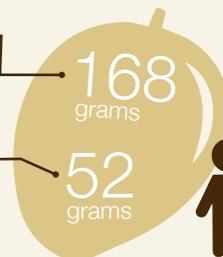
FRUIT INTAKE

based on 24 hour food recall



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

Average amount of fruit consumed by children interviewed



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

Average amount of fruit consumed by women interviewed

MONTHS OF FOOD INSECURITY

(identified in households interviewed)



| Food Name, Scientific Name | | 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> | | | | | | | | | | | | | | | ~ | ~ | |
| | PASSIONFRUIT purple, pulp, raw <i>Passiflora edulis</i> | | | | | | | | | | | | | ~ | ++ | | ++ | |
| | MANGO pulp, ripe, raw <i>Mangifera indica</i> **2 | | | | | | | | | | | | | | ~ | +++ | ~ | ++ |
| | JACKFRUIT pulp, raw <i>Artocarpus heterophyllus</i> **1 | | | | | | | | | | | | | | | | ~ | ~ |
| | JAVA PLUM fruit, raw <i>Syzygium cuminii</i> | | | | | | | | | | | | | | | | | ++ |
| | TRIANGLE FLOWERED WILD MEDLAR (IND) OMUTUGUNDA <i>Vangueria apiculata</i> | | | | | | | | | | | | | | | | | |
| | ORANGE pulp, raw <i>Citrus sinensis</i> | | | | | | | | | | | | | | | | ~ | +++ |
| | PAWPAW pulp, raw <i>Carica papaya</i> | | | | | | | | | | | | | | ~ | ++ | ~ | +++ |
| | SOURSOP pulp, raw <i>Annona muricata</i> | | | | | | | | | | | | | | ~ | | | ++ |
| | GUAVA pulp, raw <i>Psidium guajava</i> | | | | | | | | | | | | | | ~ | ~ | | +++ |
| | BLACK OLIVE raw AFRICAN ELEMI (ind) <i>Canarium schweinfurthii</i> | | | | | | | | | | | | | | +++ | | | |
| | AVOCADO pulp, raw <i>Persea americana</i> **3 | | | | | | | | | | | | | | ~ | | ~ | ~ |
| | TANGERINE pulp, raw <i>Citrus reticulata</i> | | | | | | | | | | | | | | | ~ | | ++ |
| VEGETABLES | EGGPLANT/ETHIOPIAN NIGHTSHADE <i>Solanum aethiopicum</i> | | | | | | | | | | | | | | | | | |
| | AMARANTH SPINACH leaves, boiled <i>Amaranthus spp</i> | | | | | | | | | | | | | ++ | +++ | | | |
| | PUMPKIN leaves, boiled <i>Cucurbita maxima</i> | | | | | | | | | | | | | ++ | ++ | ~ | | |
| | FRENCH BEAN leaves <i>Phaseolus vulgaris</i> | | | | | | | | | | | | | | | | | |
| | AFRICAN SPIDER HERB leaves, boiled <i>Cleome gynandra/Gynandropsis gynandra</i> | | | | | | | | | | | | | +++ | +++ | ++ | ++ | |
| STAPLES | CASSAVA tuber, boiled <i>Manihota esculenta</i> **1 | | | | | | | | | | | | | ~ | | | ~ | |
| | SWEET POTATO tuber, yellow/ deep-yellow, boiled <i>Ipomoea batatas</i> **3 | | | | | | | | | | | | | ~ | +++ | ~ | ~ | |
| | SWEET POTATO tuber, pale yellow, boiled <i>Ipomoea batatas</i> **3 | | | | | | | | | | | | | ~ | | ~ | ~ | |
| | WATER YAM tuber, boiled <i>Dioscorea alata</i> | | | | | | | | | | | | | ~ | | | ~ | |
| | PUMPKIN boiled <i>Cucurbita maxima</i> | | | | | | | | | | | | | ~ | ++ | | | |
| PULSES | BEANS mature, whole, water-soaked, boiled <i>Phaseolus vulgaris</i> **2 | | | | | | | | | | | | | ~ | | ~ | | |
| | GROUND NUTS raw <i>Arachis hypogaea</i> | | | | | | | | | | | | | +++ | | +++ | | |

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