

# 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.

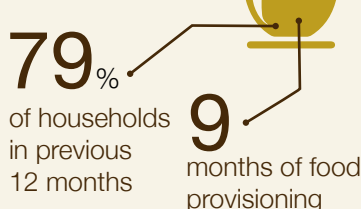
## AVERAGE FARM SIZE



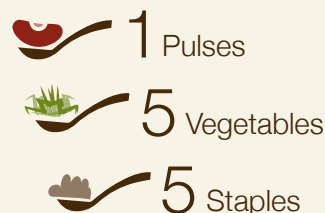
## FOOD TREES



## FOOD INSECURITY

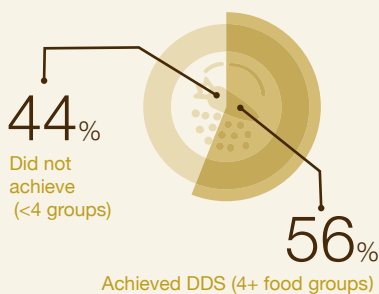


## FOOD CROP DIVERSITY

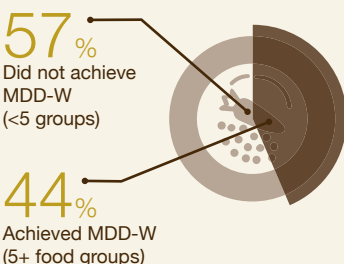


## DIETARY DIVERSITY\*

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



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

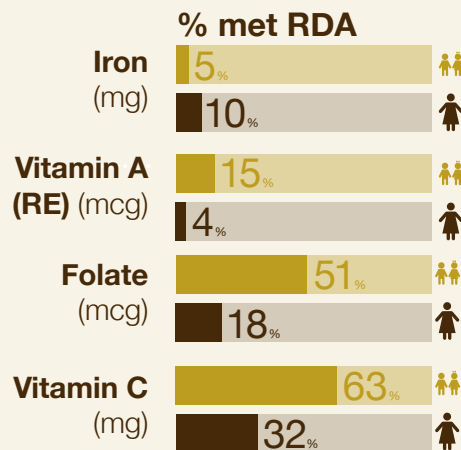


\* Dietary diversity assessed at individual level is a proxy indicator of diet quality. It assesses the variety food groups consumed in a specific time period. Higher scores indicate better diet quality.

\*\* 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

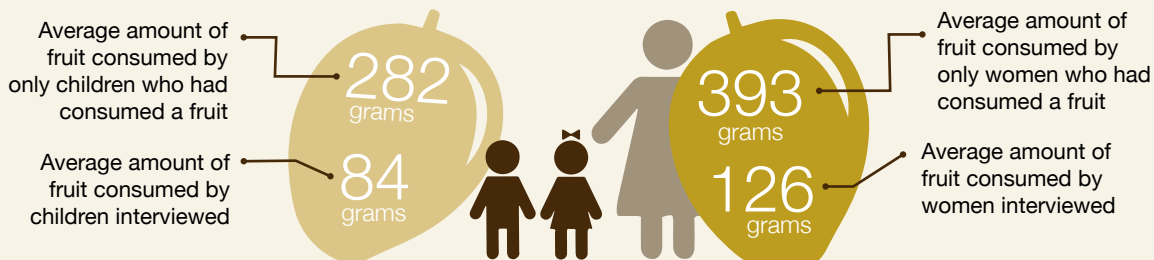


Children Women

RDA: Recommended Daily Allowance

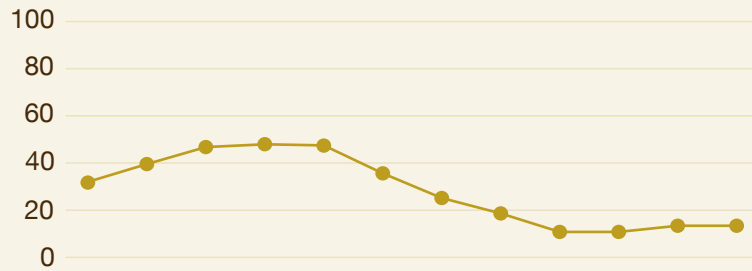
## FRUIT INTAKE

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

## 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.

<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