

# Does local food availability support implementation of food-based dietary recommendations in northern Ghana?

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I have no conflict of interest to report  
in relation to this presentation.

Malnutrition problem



Diet quality

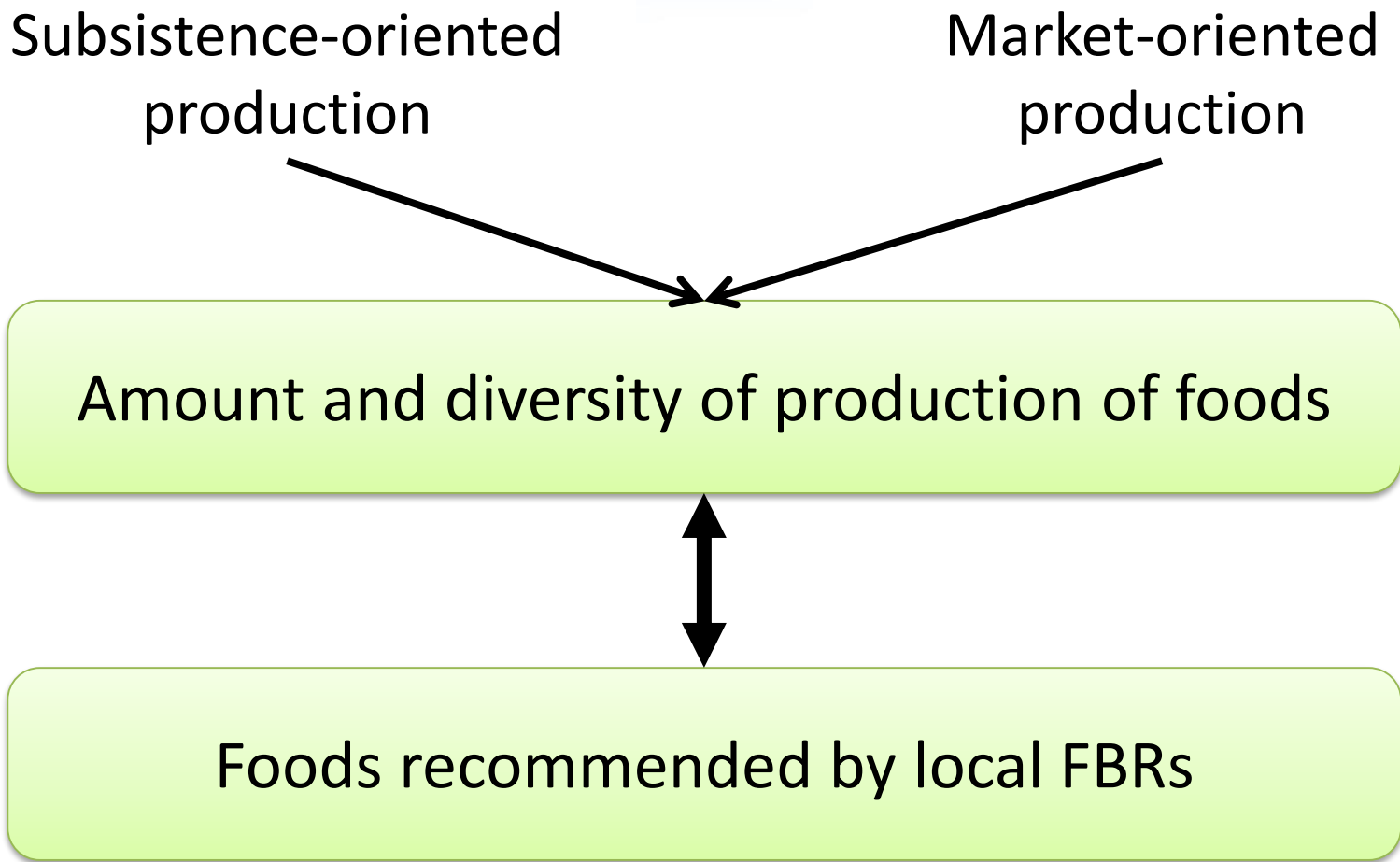


Food-based dietary  
recommendations  
(FBRs)



Subsistence-oriented  
production

Market-oriented  
production



Amount and diversity of production of foods

Foods recommended by local FBRs

## Foods needed in the household



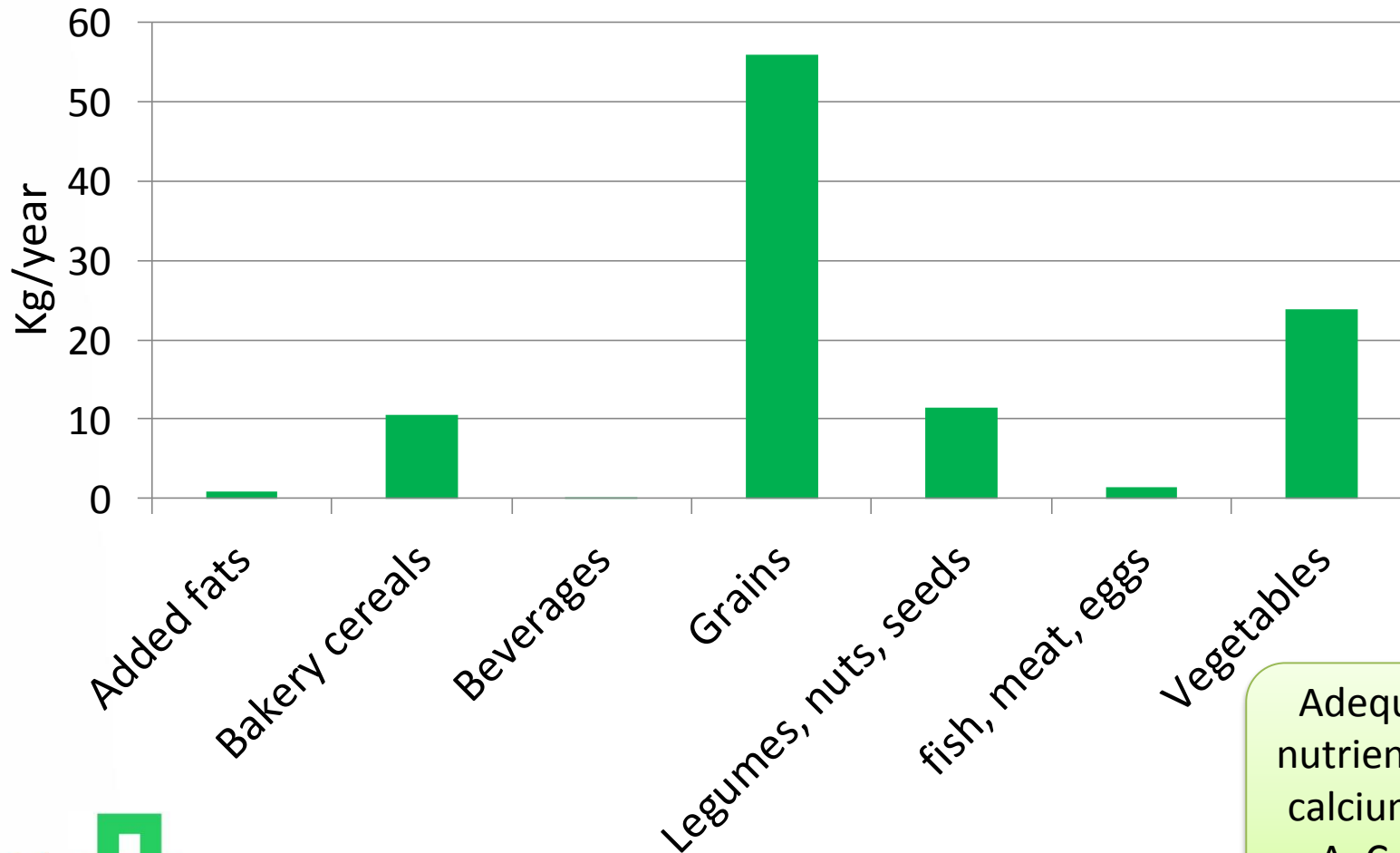
Quantitative 24-hr recall

- Foods consumed
- Frequency
- Portion sizes



**FBRs**  
**children**  
**12-23**  
**months**

## Amount of foods needed for optimized diet child 12-23 months (kg/year)



Adequate in all  
nutrients, except:  
calcium, vitamin  
A, C and B12

## Foods needed in the household



- Consumer units
- Household roster

## Foods produced in the household

Production last year

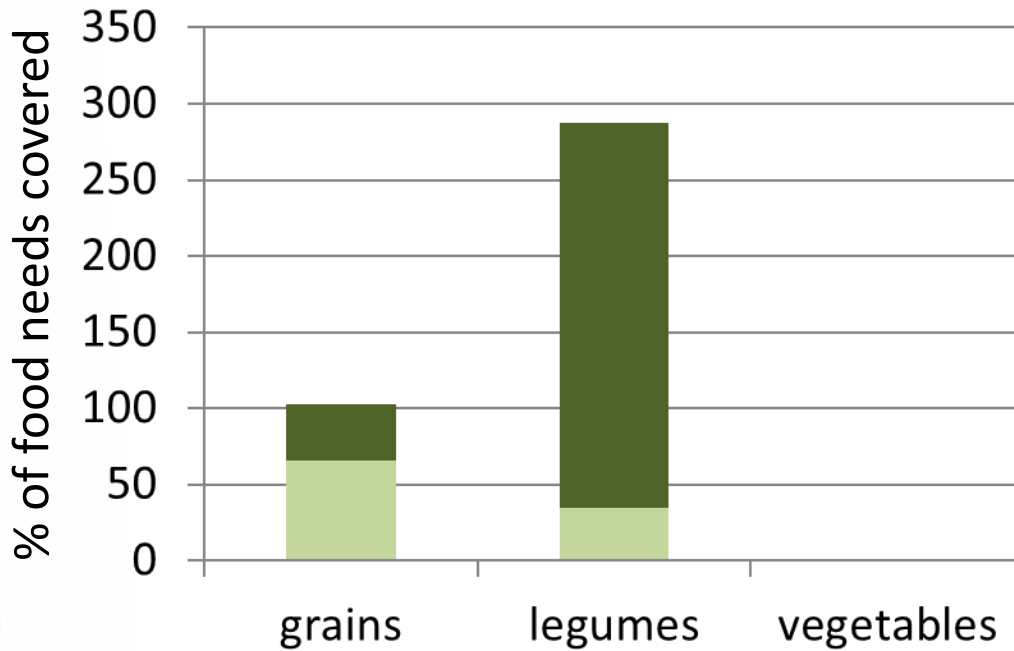
- Home consumption
- Sold at market



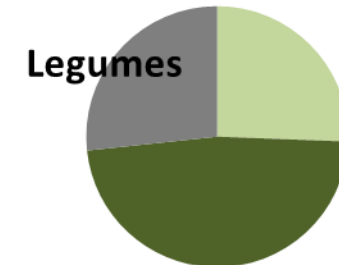
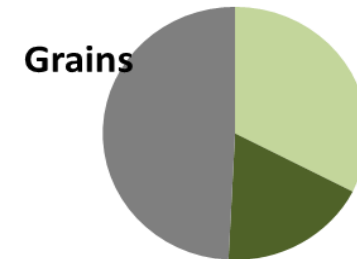
## Foods coverage

% coverage of amount needed per food groups (median)

% of households covering amount needed per food group



■ Total production  
 ■ Production used for own consumption

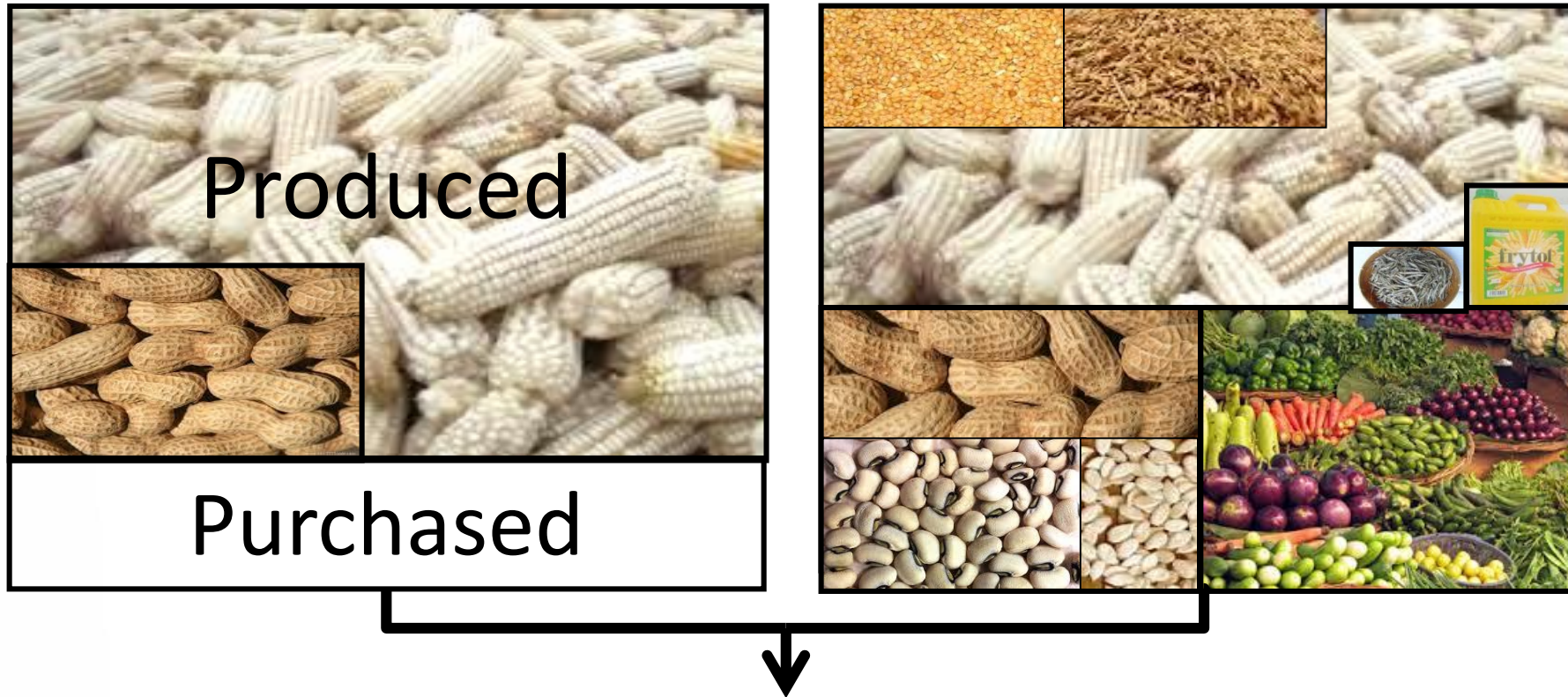


■ <100%  
 ■ >100%, subsistence  
 ■ >100%, market production



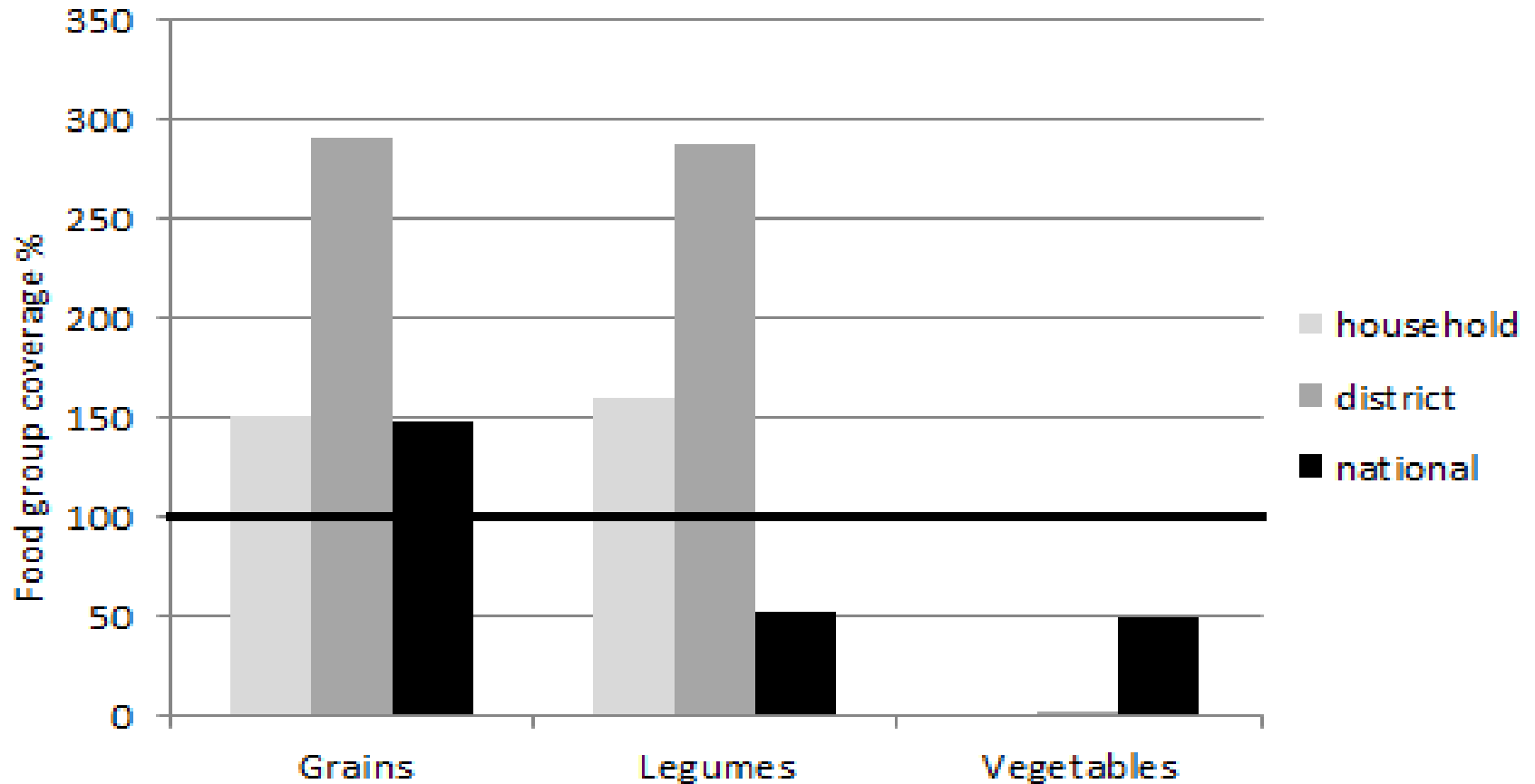
## Available

## Needed



Value of farm produce of 45% of households not sufficient to cover value of food need (35% have off-farm income)

## Food coverage



## Conclusion and recommendations

- **FBRs do not cover** vitamin A, C, B12 and calcium
  - *Increased productivity, production and consumption of foods rich in these nutrients*
- **At household level** food availability does **not cover** food needs
  - *Increased production and productivity, especially vegetables*
  - *Market intervention to improve accessibility*
- **At district level** grains and legumes **exceeds** the district's needs
  - *Agricultural production supports adoption of FBRs (if markets work well, no food leaves the district and households have off farm income)*

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