Linkage livelihood and nutrition

For young graduates and district staff

Module 1: Dietary guidelines for daily practices

Low dietary diversity ⇒Inadequate nutrient intake --> malnutrition



Module 2: Foods good to plant (vegetables and fruits)

 Low diversity in vegetables, fruits production⇒Inadequate access to and/or availability of a variety of fresh fruits and vegetables ALL YEAR round





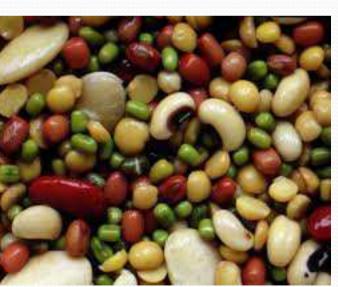
Module 3: Foods good to plant (staples)

 Low diversity in non-rice staple production⇒Inadequate access to and/or availability of a variety of staples ALL YEAR round



Module 4: Foods good to plant (beans)

 Low production of beans ⇒ Missed opportunity as protein and iron rich animal food alternative







Module 5: Foods good to plant (nuts&fats)

 Low production of oilseeds ⇒ Missed opportunity to increase fat intake







Module 6: Foods good to collect from forest

 Decreased consumption of wild plant foods and low awareness of high nutrient content ⇒ Decreased nutrient intake and missed opportunties



Module 7: Foods as medicine (herbs)

 Decreased usage and awareness of food/herb as medicine → Missed opportunities to complement medicine with herbs/foods at zero cost





Module 8: Foods good to buy (wise spending)

 Unwise expenditures on alcohol, tobacco, junk foods→Missed opportunity to buy nutritious food or make savinţ



Module 9: Foods good to process (fermenting foods)

 Traditional practice of fermenting foods is decreasing and unsafe → Missed opportunity to increase access to food all year round





Module 10: Foods good to process (drying)

 Traditional practice of drying foods is decreasing and unsafe → Missed opportunity to increase access to food all year round. Health risks from used chemicals (bamboo)





Module 11: Foods good to drink (herbal drinks and fruit shakes)

 Limited availability of and access to healthy drinks at village level. Spending on sugar sweetened beverages with industrial coloring → Health risks from high sugar and chemical intake





Module 12: Foods good for natural flavoring and coloring

 Limited availability of and access to healthy flavoring and food coloring → Health risks from industrial coloring and daily and excessive consumption of MSG

