Linkage livelihood and nutrition

For young graduates and district staff
Module 1: Dietary guidelines for daily practices

- Low dietary diversity $\Rightarrow$ Inadequate nutrient intake $\Rightarrow$ 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 $\Rightarrow$ 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 opportunities
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 savings.
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