

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 \Rightarrow 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 \Rightarrow Decreased nutrient intake and missed opportunities



Dhekia



Kasu



Maan Dhania



Masundari



Tengeshi



Mani Muni



Bhut Jalakia



Madhuseleng

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 saving



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

