

Diet Diversity in Rural Haiti:

A Guide for Maximizing Health Benefits from Food

For
Energy

Complex Carbohydrates and Fats:

Rice; wheat; maize; sorghum; tubers, such as sweet potato and yam; cassava; plantain; oil seeds (such as sunflower and sesame) and oils



For
Growth

Animal Source Proteins (ASP):

Indigenous cattle, pig, chicken, and goat meat; whole fresh cow's milk; eggs; fish

Plant Protein:

Beans, peas, lentils, peanuts, groundnuts in shell; oil seeds; soy (including wheat soy blend)



For
Healthy
Function

Foods Rich in Micronutrients:

Vitamin A: Mango; papaya; sweet potato; yam; yellow varieties of maize; egg yolk; dark green vegetables; fresh fish from seawater; liver

Vitamin C: Fresh roots such as cassava and potato; fruits such as guava, oranges, mangos, papaya (cooking and processing denatures most Vitamin C)

Iron and Zinc: Meat from pigs, goats, cattle; dried legumes; dark green vegetables (iron from meat is more easily absorbed than iron from plants and dairy products)

Calcium: Milk; foods made from milk; food containing bones such as fish (must be pureed for small children)



For
Extra
Energy

Unsaturated Fat:

Avocado; fish; oil seeds and oils

Sugar:

Sugar cane



The World Vision USAID Food for Peace Title II MYAP provides the following commodities to target geographic areas in rural Haiti:

- Soy-fortified bulgur (SFB): contains protein, energy and micronutrients
- Wheat-soy blend (WSB): contains protein, energy, and micronutrients
- Lentils: a good source of protein
- Vitamin A fortified vegetable oil: contains fat and vitamin A

What is Diet Diversity?

- ◆ Diet diversity means daily consuming a variety of nutritious foods in order to maximize consumption of essential nutrients.
- ◆ Essential nutrients are energy, vitamins, and minerals that the body cannot produce on its own, and therefore need to be consumed in sufficient amounts per World Health Organization (WHO) standards.
- ◆ To improve diet diversity, families should aim for healthy mixed meals. As part of every family meal, the staple food (sorghum, cassava, rice, maize, etc.) should be enriched to include animal proteins or legumes, energy rich foods such as fat or sugar, and vegetables or fruits. An example of a healthy mixed meal includes maize porridge (staple) with a sauce or relish that contains coconut milk, fish and greens.
- ◆ The type of foods families consume is important, as is the amount they consume. As a general rule, each member of the family should receive different amounts of staple, but the same amount of sauce or relish as a side since this serves as the main source of essential proteins and micronutrients.



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