

What should rural households grow and eat to improve their nutrition?



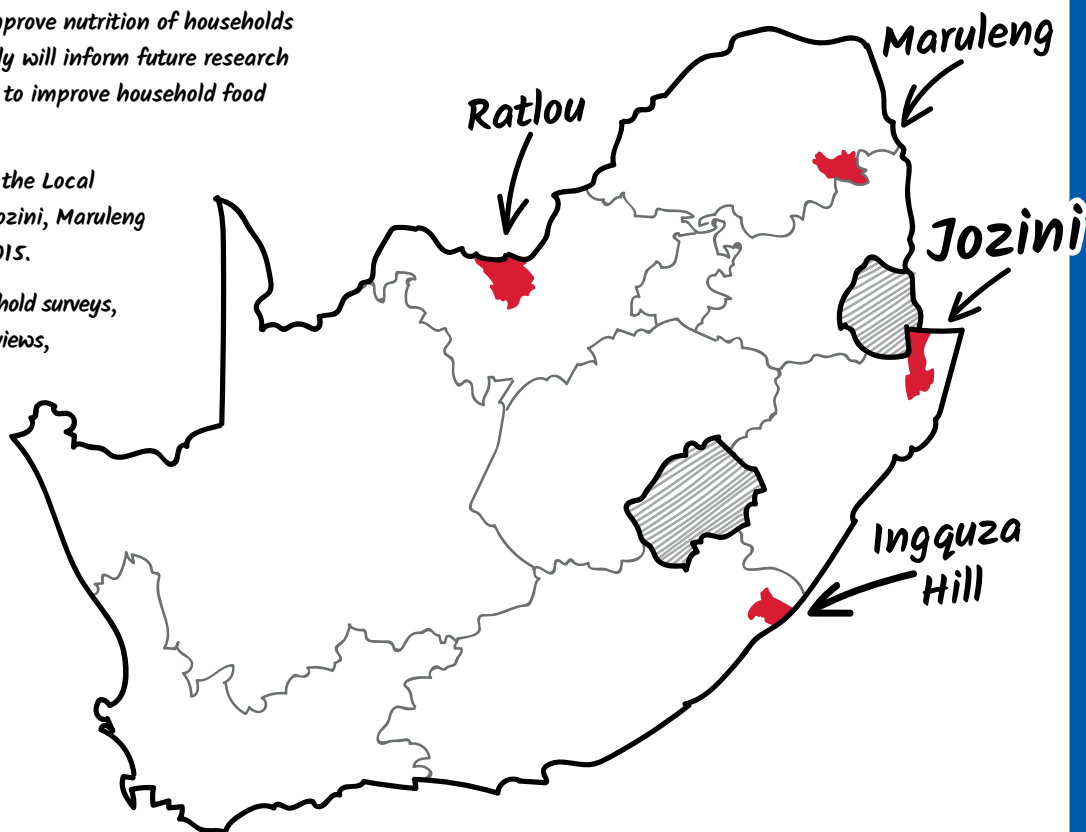
Over the past three years, the University of Pretoria has been conducting a research project commissioned by the Water Research Commission of South Africa.

The study set out to understand what people in rural households in South Africa grow and eat in order to make recommendations to WRC and the Department for Agriculture, Forestry and Fisheries to plan further research into how rain-fed and irrigated crop production can improve nutrition of households in these communities. This study will inform future research studies on water efficient crops to improve household food security and nutrition.

The research was carried out in the Local Municipalities of Ingquza Hill, Jozini, Maruleng and Ratlou between 2013 and 2015.

The survey team conducted household surveys, focus group discussions and interviews, in both summer and winter.

The findings and recommendations were validated through workshops with members of the communities. This brochure presents the key findings and recommendations of the study.



**Institute for Food,
Nutrition and Well-being**



**agriculture,
forestry & fisheries**

Department:
Agriculture, Forestry and Fisheries
REPUBLIC OF SOUTH AFRICA

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For more information, please contact Prof Sheryl Hendriks at sheryl.hendriks@up.ac.za.































BMI = Body Mass Index (calculated as your height in metres squared, divided by your weight in kg), WAZ = weight-for-age z-score, HAZ = height-for-age z-score, BAZ = BMI-for-age z-score.

What we recommend...

Eating a variety of vegetables and fruits regularly ensures the intake of a variety of nutrients required for maintaining health bodies and minds. Diversified diets help children grow and develop optimally.

Diets can be improved by including the following foods or increasing the number of times in a week these foods are consumed. Growing these foods for home consumption will improve the diets of small children and adults.






































The crops in the table below are able to grow in Jozini.

Food group	Crop	Can provide food:	Supplemental irrigation needed
 White roots and tubers	Amadumbe		
	Potato	 	
	Sweet potato		
 Orange- and red-fleshed vegetables	Beetroot	 	
	Tomato		
	Carrots	 	
	Pumpkin / Butternut		
	Gem squash		
	Orange-fleshed sweet potato		
	Hubbard squash		
	Pumpkin		
 Dark green leafy vegetables	Broccoli	 	
	African leafy vegetables		
	Swiss Chard	 	
	Beetroot leaves	 	
	Pumpkin leaves		
	Cowpea and legume leaves		

 = Can provide food in summer

 = Can provide food in winter

 = Supplemental irrigation needed

Food group	Crop	Can provide food:	Supplemental irrigation needed
 Other vegetables	Cauliflower	 	
	Cabbage	 	
	Lettuce	 	
	Cucumber		
	Eggplant		
	Green beans		
	Green pepper		
	Peas	 	
 Orange- and red-coloured fruit	Zucchini		
	Onion	 	
	Mango and Papaya		
	Spanspek		
	Watermellon		
 Other fruit	Orange / Citrus		
	Avocado		
	Banana		
	Figs		
	Loquat		
	Pineapple		
 Legumes	Bambara groundnut	 and when dried all year	
	Cow peas	 and when dried all year	
	Broadbeans	 and when dried all year	
	Harricot beans	 and when dried all year	
	Sugar Beans	 and when dried all year	
	Groundnut	 and when dried all year	

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