

Tab. 5: Results of family dietary surveys

a) in areas where the major staple food is plantain

area	cal	protein(g)		Ca (mg)	Fe (mg)	A(IU)	v i t a m i n		Niacin (mg)	C(mg)	Ref.	Remarks
		total	animal				B _I (mg)	B ₂ (mg)				
Baganda	1945	32	9.0			4725		0.76			(79, IOI)	
Banyarunda in Buganda	1610	39	0.7			2720		0.68			(79, IOI)	
Bukishu	1500	36	2.0			6100		0.66			(79, IOI)	
Bukoba	2145	66	25.0	516	22	5080	1.46	1.45	15	191	(123)	
Kilimanjaro	2525	60	25.0	300		1100		1.00		24	(192)	

b) in areas where the major food is millet

area	cal	protein(g)		Ca (mg)	Fe (mg)	A(IU)	v i t a m i n		Niacin (mg)	C(mg)	Ref.	Remarks
		total	animal				B _I (mg)	B ₂ (mg)				
Acholi	1945	54	3.0			2610		0.59			(79, IOI)	
Bukedi	1795	41	5.0			4275		0.49			(79, IOI)	
Kwimba	1735	60		392	19	7760	1.32	0.70	12	73	(124)	
Toro	2200	50	2.5			2500		0.62			(79, IOI)	

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c) in areas where the staple foods are millet with legumes and/or some meat

area	cal	protein(g)		Ca (mg)	Fe (mg)	A(IU)	v i t a m i n			C(mg)	Ref.	Remarks
		total	animal				B _I (mg)	B ₂ (mg)	Niacin (mg)			
Kibondo	2606	93		532	45	17390	2.98	1.74	16	246	(123)	
Nyanza	2531	88		770	39	13850	2.42	1.39	18	118	(123,	
	2484	80	21.0	750	25	1250	1.90	1.05	16	77	(9)	two harvests
	1570	54	16.0	332	14	650	1.30	0.67	11	66	(9)	only one harvest

d) in areas where the staple foods are maiye, some other cereals and starchy food

area	cal	protein(g)		Ca (mg)	Fe (mg)	A(IU)	v i t a m i n			C(mg)	Ref.	Remarks
		total	animal				B _I (mg)	B ₂ (mg)	Niacin (mg)			
Kiambu	2593	81	3.0	555	30	1073	2.52	1.11	18	256	(2)	in 1937
	1906	57	6.0	408	18	1358	2.54	1.00	15	163	(209)	near Nairobi
Nyeri	1394	37	2.0	193	13	903	1.51	0.61	9	67	(208)	village settlement
Tabora	1940	47		445	13	690	0.89	0.55	12	60	(191)	
Taveta/ Pare	2501	78		539	29	5165	1.88	1.48	14	96	(49)	
	1460	35		330	14	5380	0.93	0.71	7	56	(49)	during Ramadhan
Usambara	1700	38		150	12	1200	0.94	0.56	7	70	(112b)	

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e) in areas where the staple foods are maize, some other cereals, legumes and some meat

area	cal	protein(g)		Ca (mg)	Fe (mg)	A(IU)	v i t a m i n			C(mg)	Ref.	Remarks
		total	animal				B ₁ (mg)	B ₂ (mg)	Niacin (mg)			
Fort Hall	1933	83	4.0	391	27	400	2.11	0.96	11		(9)	high density
Kigezi	2050	102	0.2			1300		0.96			(79,101)	
Kitui	2265	70	7.0	263	17	383	2.09	0.94	13	4	(9)	low density
Machakos	1426	45	2.5	250	15	1179	1.20	0.64	8	84	(9)	famine relief
Mbulu	2232	86	9.7	210	34	330	2.16	1.15	10	7	(103)	
Meru/ Tanzania	1640	52		225	15	1080	1.38	0.86	7	40	(112b)	
	2114	66	17.0	210	28	810	1.65	1.15	15	35	(103)	
Mwea	2604	95		321	28	308	2.70	1.00	16	21	(112i)	settlement
Nairobi	1790	62	20.0	510	17	1327	1.81	1.17	12	81	(9)	low-middle income
Nyeri	1727	48	2.0	259	17	1538	1.40	0.84	10	130	(9)	pure subsistence
	1558	56	3.7	313	18	527	1.60	0.85	12	90	(9)	some employees
Pare	1350	52		135	15	1750	1.03	0.56	7	70	(112b)	
	2221	51	13.1	700	17	1291	1.50			168	(146)	

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f) in areas where the staple foods are rice, cassava and fish

area	cal	protein(g)		Ca (mg)	Fe (mg)	A(IU)	v i t a m i n		Niacin (mg)	C(mg)	Ref.	Remarks
		total	animal				B ₁ (mg)	B ₂ (mg)				
Kisarawe	1941	27	9.0	429	13	379	0.65	0.43	7	31	(193)	
Mombasa	1744	36		809	19	1040	0.43	0.68	8	93	(123)	
Tanga	1810	42		145	13	150	0.86	0.46	7	60	(112b)	less rice
Zanzibar	3587	98	27.0	449	22	972	1.76	1.37	19	251	(186)	1935, less cassava
Requirement for families	2100	60		500	11	3000	1.10	1.25	11	60		

Tab. 6: Results of dietary survey from children (per day and child)

area	type	staple food	cal	protein(g)		vitamin A (IU)	Ref.
				total	animal		
Baganda	village 2 years farmers educated people	plantain potato	762	22.7	9.6		(203)
			1128	35.0	16.0		(203)
Gogo	village 9 months 18 months 4 years 8 years	maize/millet	396	9.8	-	482	(179)
			656	20.5	6.8	3290	(179)
			1261	37.7	10.0	5277	(179)
			1784	52.6	14.2	7156	(179)
Requirement:			1 - 3 years	1170	36.0	1800	
			4 - 6 years	1530	45.0	2200	
			7 - 9 years	1900	54.0	3100	

Tab. 7: Results of dietary survey amongst labourers (per day and person)

type	cal	protein (g)	Ca (mg)	Fe (mg)	v i t a m i n				C(mg)	Ref.
					A(IU)	B _I (mg)	B ₂ (mg)	Niacin (mg)		
Kenya/Uganda railway workers	2808	92	602	36	6200	2.24		16	20	(86)
Nairobi railway workers	2797	91	667	33	2383	2.22	1.64	16	122	(134)
Requirement	2900	63	700	9	4500	1.40	1.60	19	68	