

Locally produced foods can improve the diet of women and children

Sokoto State, Nigeria is essentially an agricultural state with traditional mode of production predominating and more than 90 percent of the population engaged in subsistence farming. The main crops produced in the State are millet, guinea corn, maize, rice, beans, wheat, cassava, potatoes, groundnut, cotton, sugar cane, and tobacco. Fruits and vegetables grown in the State include oranges, mangoes, cashew, bananas, lettuce, spinach, okra, cabbage, pawpaw and guava.



Cashew fruit

Food	Vitamin A	Vitamin C	Protein	Fat
Red Palm Oil	**			**
Carrots	**	*		
Potatoes		*		
Oranges		*		
Mangoes	*	Fair		
Cashew fruit		*		
Bananas		*		
Spinach	*	*		
Papaw		*		
Guava		**		
Tomatoes		*		
Peanut/Groundnut			*	*

Rampant malnutrition suffered by women and children in rural villages can be greatly improved by increased consumption of locally produced foods. Daily addition of eggs, red palm oil iodized salt and one good source of Vitamin C in the diet will greatly improve their nutritional status, addressing fat, protein, vitamin and mineral deficiencies that are common in that group. Also, peanuts/groundnuts are an excellent widely available food for undernourished women and children.



Guava