



## Food and Food Security. Afghanistan

### Major Foods in the Afghan Diet

Cereals (especially wheat) are important in Afghan food (See Table)

The range of vegetables available – while dependent on season - tends to be higher in most regions compared to the Central provinces (such as Bamyan, Ghor, Daikundi).



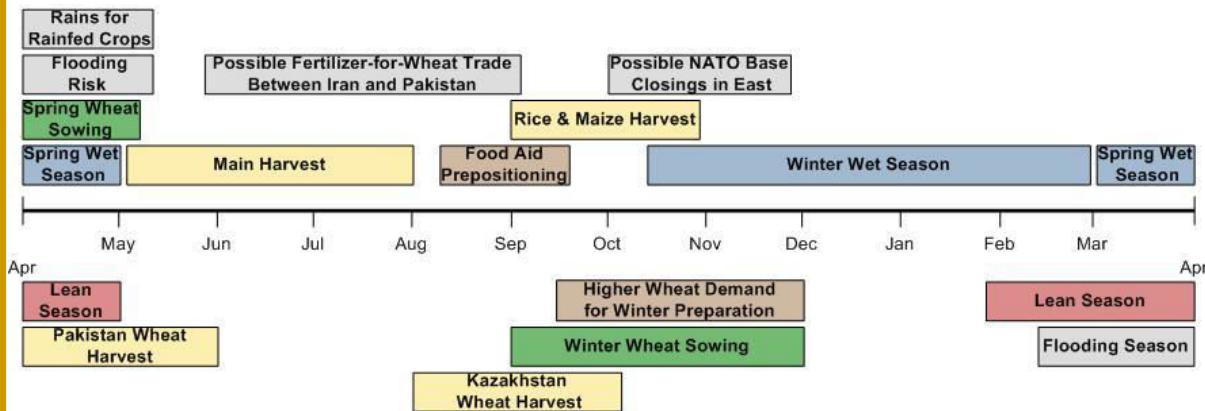
Table. Common foods in Afghanistan and what they provide.

Common foods in Diet (from most common to less common)	Source of				
	Carbohydrates (Energy)*	Proteins	Fats and Oil (Energy)	Vitamins	Minerals
Wheat, Barley, Rice,	XXXX	XX		XX (especially whole grain)	
Potatoes	XXXX			X	X
Tomatoes, Onion, Eggplant, Cauliflower, Green beans				XXXX	XXX
Bean (Mung), Lentils	XXX	XXXX	X	X	XX
Chicken, Beef		XXXX		XXXX	XXXX
Fruit (depends on region) Apple, Melons, Grapes (Raisins), Pomegranate, Apricots, Peaches, Banana				XXXX	XXX
Milk and milk products	XX	XXXX	XX	XX	XXX
Nuts & oilseeds		XX	XXXX		XX
Butter, oil, ghee			XXXX	X	

\*Very good source = XXXX ; Good source = XXX ; Fair = XX ; Limited = X

### Food scarcity

Food shortages (lean season) mostly occur during the winter months (February-May).



Food Calendar and food scarcity (FEWS NET Afghanistan, see [www.fews.net/FoodInsecurityScale](http://www.fews.net/FoodInsecurityScale))

**Reference.** Diromimwe, C. 2008. Healthy Food, Happy Baby, Lively Family. Improved Feeding Practices and Recipes For Afghan Children and Mothers. UNICEF and FAO.

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