

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, Daikundy).



Wheat is a very important afghan food (Photo JDI)

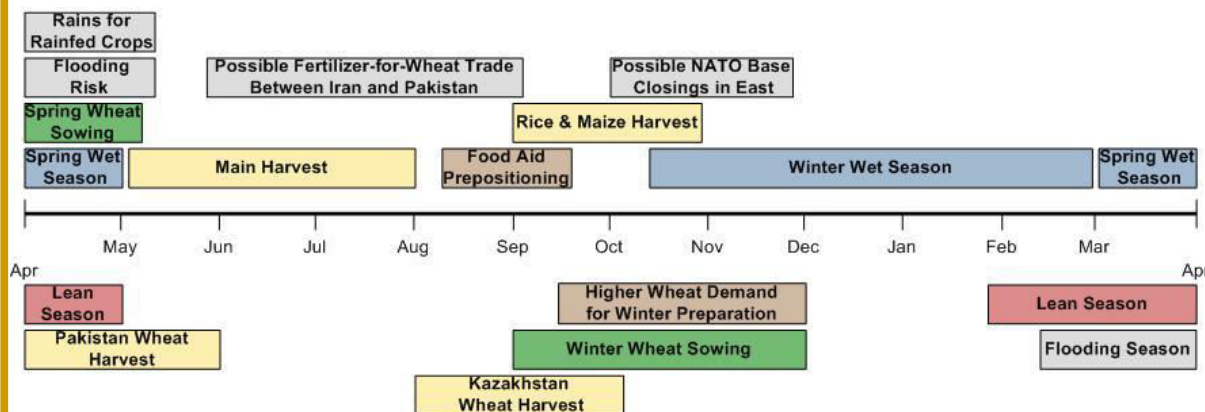
Table. Common foods in Afghanistan and what they provide.

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)

Reference. Dirorimwe, 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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