**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>
<thead>
<tr>
<th>Common foods in Diet (from most common to less common)</th>
<th>Carbohydrates (Energy)*</th>
<th>Proteins</th>
<th>Fats and Oil (Energy)</th>
<th>Vitamins</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat, Barley, Rice, Potatoes, Tomatoes, Onion, Bean, Chicken, Fruit, Milk, Nuts, Butter</td>
<td>XXXX XXXX XXXX XXXX XXXX</td>
<td>XXXX</td>
<td>XXXX</td>
<td>XXXX</td>
<td>XXXX</td>
</tr>
</tbody>
</table>

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

**Food shortage**

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