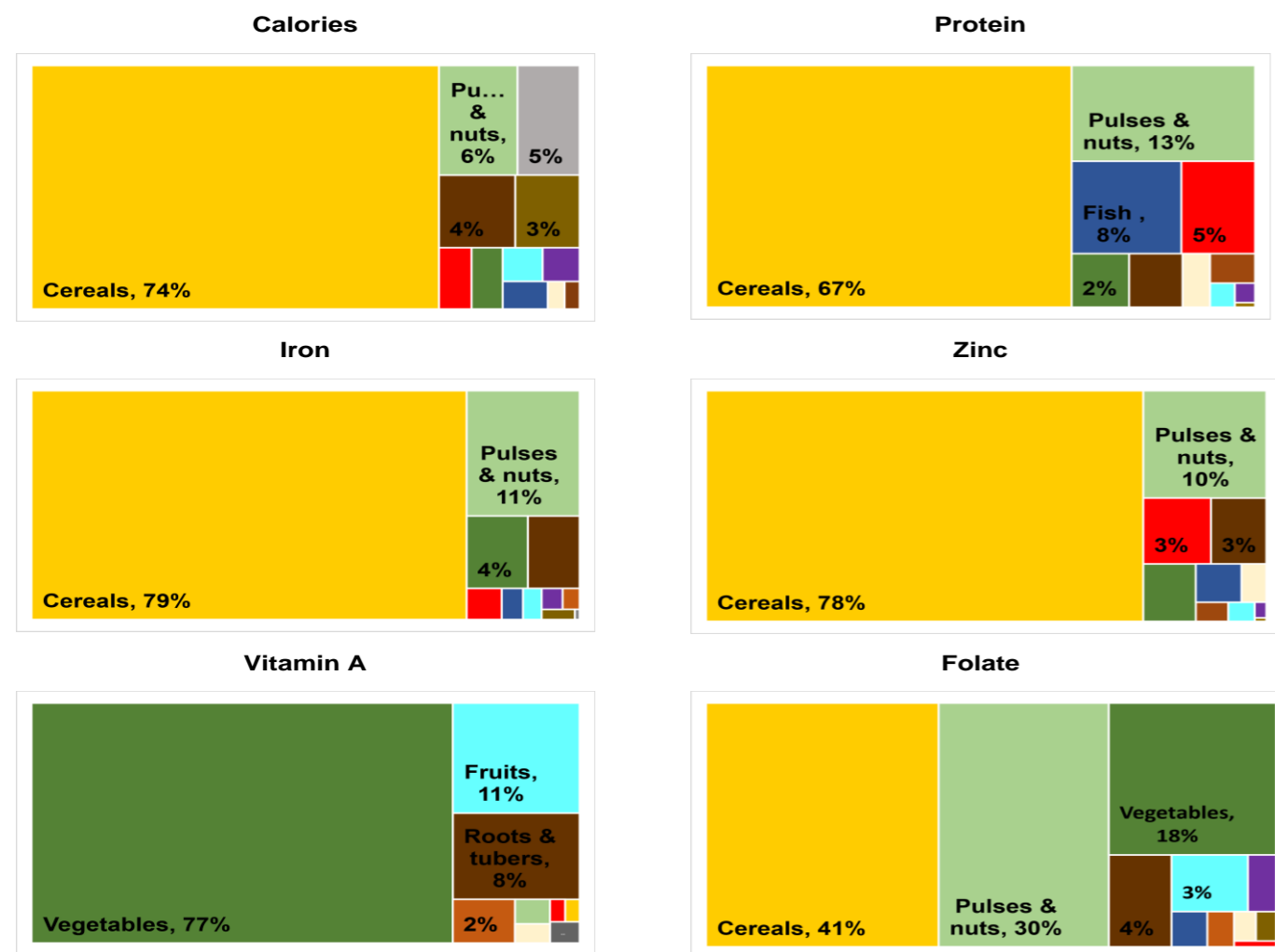


Nutrient consumption and dietary patterns in Malawi

This poster uses data from the fourth Integrated Household Survey (IHS4) conducted in all 28 districts and the four major cities of Malawi in 2016/17. The IHS is a nationally representative survey which collects multitopic household and community data, including on the consumption of approximately 150 food items. The data was collected from 12,447 households over one calendar year to account for seasonality. The IHS4 consumption estimates were combined with data on the nutrient content of foods from the Food and Agriculture Organization to estimate nutrient consumption per person per day.

Average food group contribution to national nutrient consumption in Malawi, 2016/17



Per capita per day nutrient consumption by food group and selected food items

	Calories (kcal)	Protein (g)	Iron (mg)	Zinc (mg)	Vitamin A (µg RAE)	Folate (µg DFE)
Cereals and grains, of which:	1606.1	36.8	14.6	7.8	1.0	86.6
Maize	1464.6	33.3	14.1	7.3	0.4	79.8
Rice	55.5	1.0	0.1	0.2	0.0	0.6
Bread	30.2	1.0	0.1	0.1	0.0	3.4
Mapira (Sorghum)	17.6	0.5	0.2	0.1	0.3	0.5
Roots, tubers, and plantains, of which:	89.9	1.2	0.5	0.3	33.4	8.8
Cassava	42.5	0.2	0.2	0.1	1.9	3.7
White sweet potato	22.1	0.5	0.2	0.1	0.0	2.7
Irish potato	14.7	0.3	0.1	0.0	0.0	1.0
Orange sweet potato	8.6	0.2	0.1	0.0	30.3	1.1
Pulses, legumes, and nuts, of which:	139.8	7.3	2.1	1.0	2.6	63.4
Bean, brown	39.0	2.7	0.8	0.3	0.0	20.0
Nandolo (Pigeon pea)	29.4	0.2	0.3	0.2	0.5	13.9
Soy	19.8	1.7	0.4	0.1	2.0	10.9
Bean, white	10.8	0.7	0.2	0.1	0.0	5.5
Vegetables, of which:	31.3	1.3	0.6	0.2	308.7	38.9
Pumpkin	11.3	0.3	0.1	0.1	107.9	6.7
Tomato	6.7	0.3	0.2	0.0	26.2	4.0
Tanaposi (Rape)	3.4	0.2	0.1	0.0	88.3	15.0
Fruits, of which:	21.6	0.2	0.1	0.0	42.7	6.6
Avocado	6.4	0.1	0.0	0.0	0.2	2.4
Mango	5.8	0.0	0.0	0.0	35.9	1.3
Banana	4.6	0.1	0.0	0.0	0.4	1.0
Meat, offal, and poultry, of which:	32.2	2.8	0.2	0.3	1.1	0.4
Chicken	10.2	1.0	0.0	0.1	1.0	0.1
Beef	8.4	0.6	0.0	0.1	0.0	0.1
Goat	7.3	0.7	0.0	0.1	0.0	0.1
Fish and seafood, of which:	20.1	4.2	0.1	0.1	0.4	1.9
Dried fish	11.9	2.5	0.1	0.1	0.0	1.0
Smoked fish	4.6	1.0	0.0	0.0	0.0	0.5
Fresh fish	3.5	0.7	0.0	0.0	0.4	0.4
Eggs	6.8	0.6	0.1	0.0	8.4	1.5
Milk and dairy, of which:	7.5	0.6	0.0	0.1	2.0	1.0
Powdered milk	4.1	0.4	0.0	0.0	0.1	0.6
Fresh milk	2.9	0.2	0.0	0.0	1.6	0.3
Oils and fats, of which:	110.2	0.0	0.0	0.0	0.7	0.0
Cooking oil	104.9	0.0	0.0	0.0	0.0	0.0
Sugars, of which:	75.6	0.0	0.0	0.0	0.6	0.9
Sugar	64.7	0.0	0.0	0.0	0.0	0.0
Miscellaneous, of which:	20.2	0.2	0.1	0.0	0.2	2.5
Thobwa (non-alcoholic fermented drink)	10.6	0.1	0.0	0.0	0.0	1.5

For more detailed tables and figures on dietary intake in Malawi, or more information on our methodology, please visit the IFPRI Malawi website, and download the full Working Paper: *Are Malawian Diets Changing? An assessment of nutrient consumption and dietary patterns using household-level evidence from 2010/11 and 2016/17.*