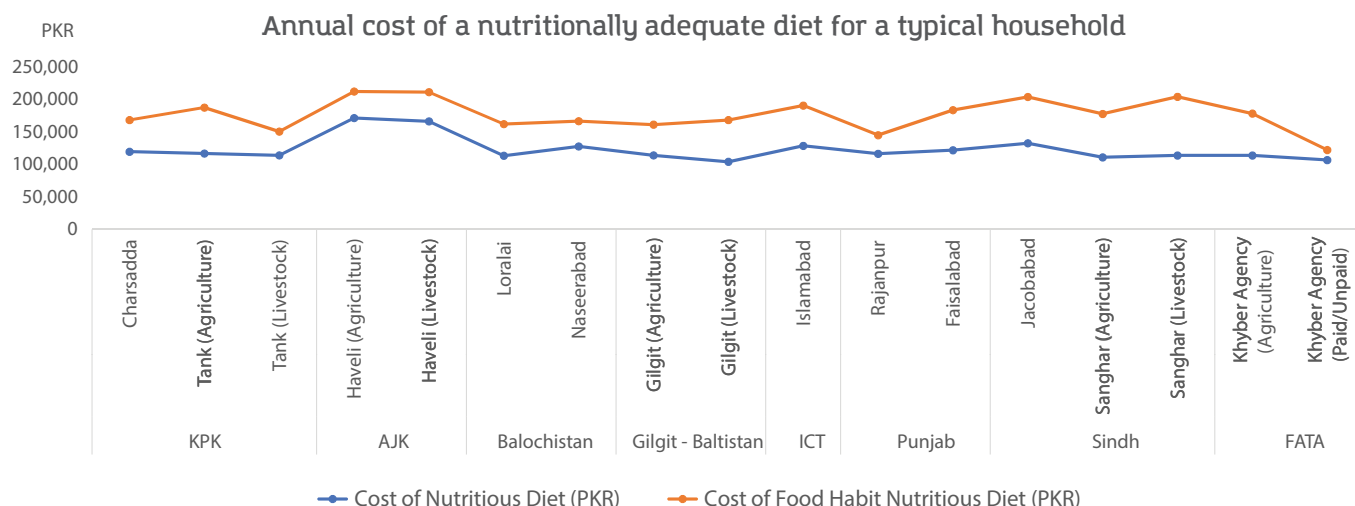




KEY FINDING REPORT

COST OF DIET

(PAKISTAN)



The cost of a Nutritious Diet¹ ranges between **PKR 104,000** to **PKR 171,300** annually per household.
The cost of a Food Habit Nutritious Diet² ranges between **PKR 144,900** to **PKR 212,200** annually per household.



1) Nutritious diet meets the average energy and recommended intakes of protein, fat, vitamins and minerals.

2) Food habits nutritious diet meets the average energy and recommended intakes of protein, fat, vitamins and minerals while taking into account typical food habits.

Very poor, poor and middle income households could not afford the food habits nutritious diet given their dietary habits and level of income.



Dietary habits restricted the consumption of some nutritionally rich and less expensive foods such as maithi (fenugreek), bajra (millet), jawar (sorghum)

CoD-RECOMMENDATIONS:



DIETARY MODIFICATION

is needed to improve quality, composition and affordability of a nutritious diet



CHILD SPACING

should be promoted to improve quality, composition, and affordability of a nutritious diet



LIVELIHOOD INTERVENTIONS

such as backyard gardening, dairy farming (goats and buffalos) and poultry farming are needed to improve quality, composition and affordability of a nutrition diet



SCALING UP OF SOCIAL-PROTECTION SCHEMES

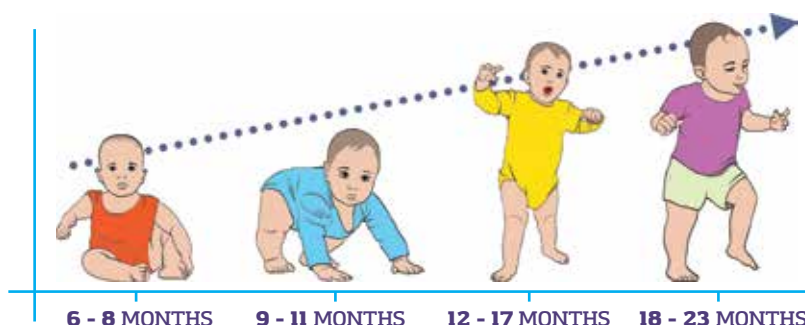
is needed to improve affordability of a nutritious diet



TOP LINE
RESULTS

OPTIFOOD ANALYSIS

(6-23 months children)

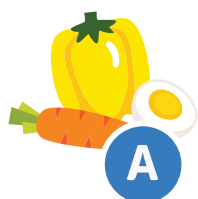


Summary of adequate nutrients, absolute problem nutrients and partial problem nutrients within the baseline diet and diet including food-based recommendations for **6-8, 9-11** and **12-23** months old children in all **8** districts of Pakistan.

		Balochistan			Islamabad			Gilgit			Haveli			Khyber Agency			KP			Punjab			Sindh		
		6-8 mo	9-11 mo	12-23 mo	6-8 mo	9-11 mo	12-23 mo	6-8 mo	9-11 mo	12-23 mo	6-8 mo	9-11 mo	12-23 mo	6-8 mo	9-11 mo	12-23 mo	6-8 mo	9-11 mo	12-23 mo	6-8 mo	9-11 mo	12-23 mo	6-8 mo	9-11 mo	12-23 mo
Protein	Baseline																								
	FBRs																								
Fat	Baseline																								
	FBRs																								
Calcium	Baseline																								
	FBRs																								
Vit. C	Baseline																								
	FBRs																								
Vit. B1	Baseline																								
	FBRs																								
Vit. B2	Baseline																								
	FBRs																								
Vit. B3	Baseline																								
	FBRs																								
Vit. B6	Baseline																								
	FBRs																								
Folate	Baseline																								
	FBRs																								
Vit. B12	Baseline																								
	FBRs																								
Vit. A	Baseline																								
	FBRs																								
Iron	Baseline																								
	FBRs																								
Zinc	Baseline																								
	FBRs																								

Adequate Nutrient; able to reach 100% of the RNI in the best-case scenario and 70% of the RNI in the worst-case scenario
 Partial Problem Nutrient (PPN); reaches 100% of the RNI in the best-case scenario, but does not reach 70% in the worst-case scenario
 Absolute Problem Nutrient (APN); not able to reach 100% of the RNI in the best-case scenario

Absolute problem nutrients



Vitamin A



Iron



Zinc



Folate
(12-23 months)

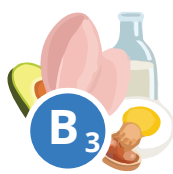


Calcium

Partial problem nutrients



Vitamin B1



Vitamin B3



Vitamin B6



Folate
(6 - 11 months)

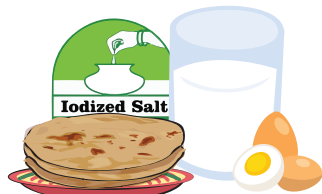


Vit. B12
(12 - 23 months)

OPTIFOOD RECOMMENDATIONS



FOOD BASED



EGG, ROTI, MILK & FORTIFIED FOOD

Most of the problem nutrients reach 70% after including FBRs except for vitamin A, iron and zinc.

NON-FOOD BASED



Zinc supplementation
Iron supplementation
Vitamin A supplementation

