



Regional Expert Consultation on Scoping, Prioritizing and Mapping of Neglected and Underutilized Crops in Selected Countries

Regional Initiative on Zero Hunger Challenge

Nutrition-Overview





Gaps to be Addressed

- Malnutrition – high prevalence of micronutrient deficiencies (iron, vitamin A and iodine)
- Consumption – low dietary diversity



Country report: Preliminary National Scoping Study on Neglected and Underutilized Crops and Annex 2 Aggregated data on NUCs

- Cambodia
- Lao PDR
- Myanmar
- Vietnam





Challenges in evaluating the country report and Annex 2

Nutrition

1. Unclear target nutrient(s)
2. Incomplete food composition data
3. Inaccurate/doubtful food composition data
4. Lack of bioavailability information
5. Very limited information on health benefits



To assist in evaluating Annex 2 – additional food composition data were taken from:

1. USDA FCD (online)

<https://ndb.nal.usda.gov/ndb/search/list>

2. Thai FCD 2015 (online)

<http://www.inmu.mahidol.ac.th/thaifcd/home.php>

3. ASEAN FCD 2014 (Electronic version)

http://www.inmu.mahidol.ac.th/aseanfoods/doc/OnlineASEAN_FCD_V1_2014.pdf

4. Published values



How to prioritize???

Needs more specific criteria e.g.

- Target nutrient (macro vs micronutrients)
- Target population
- Food application

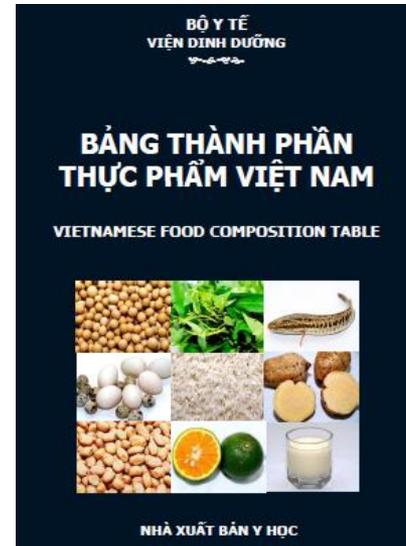


- Nuts & Pulses 4 crops:
 - Cowpea (*Vigna unguiculata*)
 - Mung bean (*Vigna radiata*)
 - Rice bean (*Vigna umbellata*)
 - Groundnut (*Arachis hypogaea*)
- Horticulture: none
- Others: none



Limitations

- Lack of FCD for Laos, Cambodia and Myanmar
- Vietnam did not refer to their national FCD





- Considering the three micronutrients (iron, vitamin A and iodine) as priority nutrients - Limited data on iodine and vitamin A (β -carotene) contents
- Bioavailability and food consumption data are not available
- Dietary pattern also relates to food preference and familiarity