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# Food composition data of animal-source foods in sub-Saharan Africa

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3 December 2017

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# Double burden of disease


	Number (millions)		Regional share (%)	
	1990-92	2014-16	1990-92	2014-16
<b>A</b> Developed regions	20	15	2.0	1.8
<b>B</b> Southern Asia	291	281	28.8	35.4
<b>C</b> Sub-Saharan Africa	176	220	17.4	27.7
<b>D</b> Eastern Asia	295	145	29.2	18.3
<b>E</b> South-Eastern Asia	138	61	13.6	7.6
<b>F</b> Latin America and the Caribbean	66	34	6.5	4.3
<b>G</b> Western Asia	8	19	0.8	2.4
<b>H</b> Northern Africa	6	4	0.6	0.5
<b>I</b> Caucasus and Central Asia	10	6	0.9	0.7
<b>J</b> Oceania	1	1	0.1	0.2
<b>Total</b>	<b>1 011</b>	<b>795</b>	<b>100</b>	<b>100</b>

**2014-16**

Estimated 28 % of the population in SSA is undernourished – an increase of 44 million people from 1990-92

About 220 million people are hungry

vs

 overweight, obesity & NCDs

# Introduction

What nutrients are lacking in the diets of these populations is important but proves to be difficult to determine.

Regional food composition data can serve as a critical tool to determine what nutrients a certain demographic region is consuming and lacking. This is critical for decision making towards a more nutritious food system.



Sub-Saharan African Countries

# Animal source foods

- Provide critical nutrients to the diets in adequate amounts that are difficult to obtain from plant source foods such as iron, zinc and vitamin B<sub>12</sub>
- Composition may differ from regions due to environmental conditions, animal breed or stage of maturity
- Many low income and low middle income countries raise indigenous livestock in resource poor conditions
- Borrowing compositional data from high-income countries will result in overestimating or underestimating nutrients of concern such as Vit A, iron and zinc

# Objectives

1. To identify analysed food composition data for animal-source foods in sub-Saharan Africa
2. To tabulate the existing data into an open-access database, according to the INFOODS guidelines
3. To determine knowledge gaps for lacking nutrients and motivating way forward

Search criteria included the following:

- The source had to contain food composition data
- Data needed to be from animal source foods
- Data should be from sub-Saharan Africa

# Results

## FAO Infoods

- **34 tables and data bases were identified as SSA country specific data**
  - **Cameroon, DRC, Ethiopia, The Gambia, Ghana, Kenya, Lesotho, Mali, Mozabique, Nigeria, Sengal, South Africa, Sudan, Tanzania, Togo, Uganda, Zambia and Zimbabwe**
- **3 tables represented data from the continent**
- **1 table represented East Africa**
- **4 tables represented data from West Africa**

## University of Pretoria Worldwide Library (incl Pubmed & Science Direct)

- **6 Articles**
- **4 Theses**

## South African Food Industry

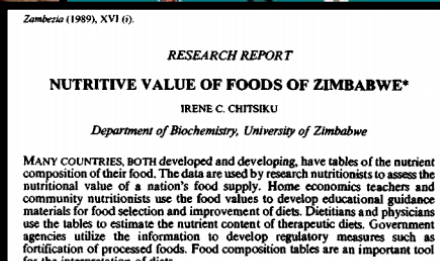
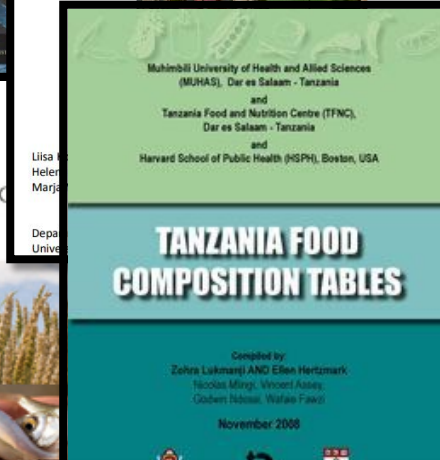
- **8 Industry publications**

# Results

Source		Meat, fish, chicken and insects	Milk, dairy products and eggs	Other	Total
INFOODS	Gambia	13	10	1	24
	Lesotho	59	27	1	87
	Mozambique	38	11	2	51
	South Africa	233	106	13	352
	Tanzania	51	11	0	62
	Uganda	117	13	0	130
	Zimbabwe	53	16	1	70
	West African Food Tables	110	25	1	136
Scientific article, Theses & Industry data		664	8	0	672
Total		1338	227	19	1584

# Limitations

- Data do not reflect the full range of food items and nutrients
- Sources rarely provide new data - analyses conducted decades ago
- Data sourced from high-income countries limits their usefulness
- USDA most widely used





# Conclusion

Africa's 20 most popular foods:  
Biltong, fufu, injera, couscous,  
ugali anyone?

13 JUL 2014 12:56 | SAMANTHA SPOONER



Southern Africa has the most varied cuisines of any region on the continent



A mouth-watering array of African foods

Accurate information on the nutrient content of **locally-available food items** will better guide work in:

- ✓ nutrition-sensitive and cost-efficient interventions
- ✓ development of meaningful guidelines for improving dietary adequacy
- ✓ improved decision making for policy makers

# Thank you

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