

FOOD PLANTS FOR HEALTHY DIETS IN UGANDA

*PRACTICAL WAYS OF GROWING LOCAL FOOD
PLANTS AND DOING IT WELL*



**FOOD PLANT
SOLUTIONS
ROTARIAN ACTION GROUP**

*Solutions to Malnutrition
and Food Security*

A project of the Rotary Club of Devonport North,
District 9830 and Food Plants International



www.foodplantsolutions.org

Food plants for healthy diets in Uganda

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FOOD PLANT SOLUTIONS
ROTARY ACTION GROUP
Solutions to Malnutrition and Food Security

Food Plant Solutions purpose is to enable people to understand the nutritional value of local food plants through our educational materials and support services, because every minute of every day, five children under the age of five die from malnutrition.

In addition to this booklet, other publications have been created for Uganda, which can be downloaded from our website:

www.foodplantsolutions.org

For further details about the project please contact us at:

info@foodplantsolutions.org

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Food plants for healthy diets in Uganda

With a rich, diverse tropical climate and a variety of soils, altitudes, and rainfall patterns it is time to discover and explore the amazing range of frequently over-looked tropical food plants that suit the locations, and are rich in nutrients.



Chinese taro



Pineapple



Amaranthus

Healthy diets

To stay healthy all people, and especially children, should eat a wide range of food plants. This should include some plants from each of the food groups:
Energy foods - e.g. Sweet potato
Growth foods - e.g. Peanuts
Health foods - e.g. Indian spinach
Then each of the nutrients required by our bodies will be met in a balanced manner.



Food security

Grow a range of different food plants, planted at different times throughout the year, so food doesn't become short in some seasons. This should include fruit and nut trees.



Moringa



Edible hibiscus



Taro



Sweet potato



Lima bean



Amaranth



Cassava

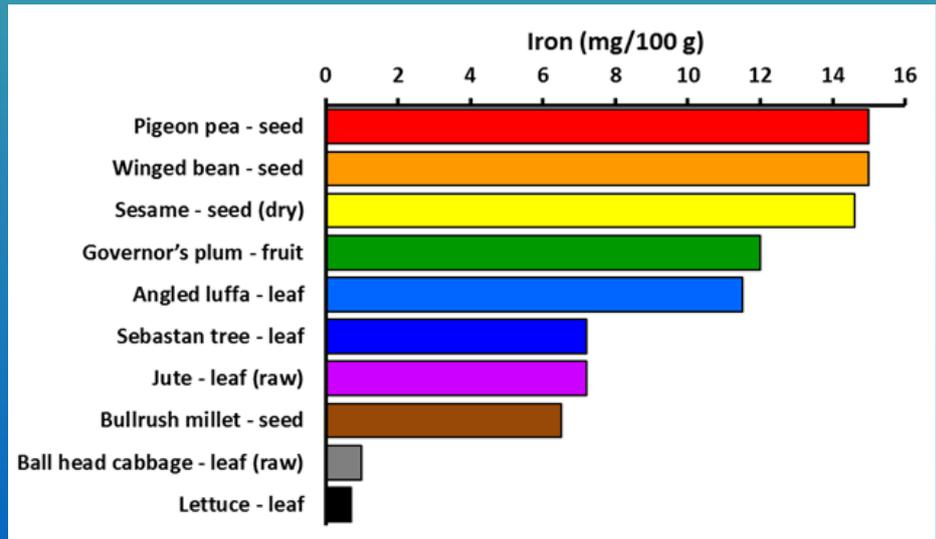
Iron for healthy blood

Iron is important in our blood. It is what makes our blood red.

Iron helps oxygen get to our lungs. This helps us to have energy to work.

When we are short of iron we are called anaemic. Iron is more available when Vitamin C is also present.

Soaking dried peas overnight before cooking them makes the iron more available.

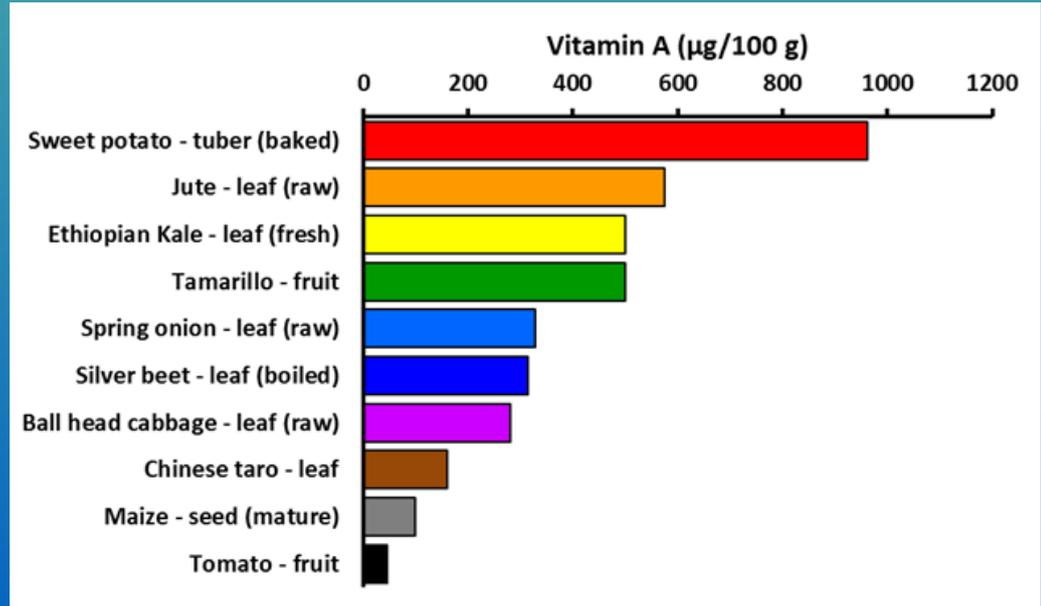
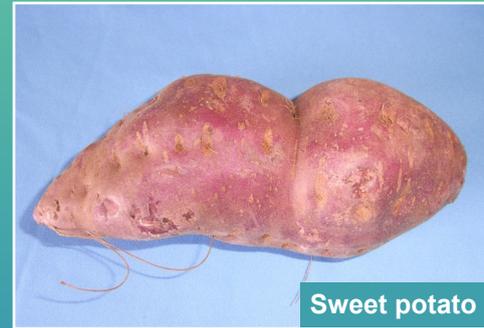


Vitamin A for good eyesight

Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

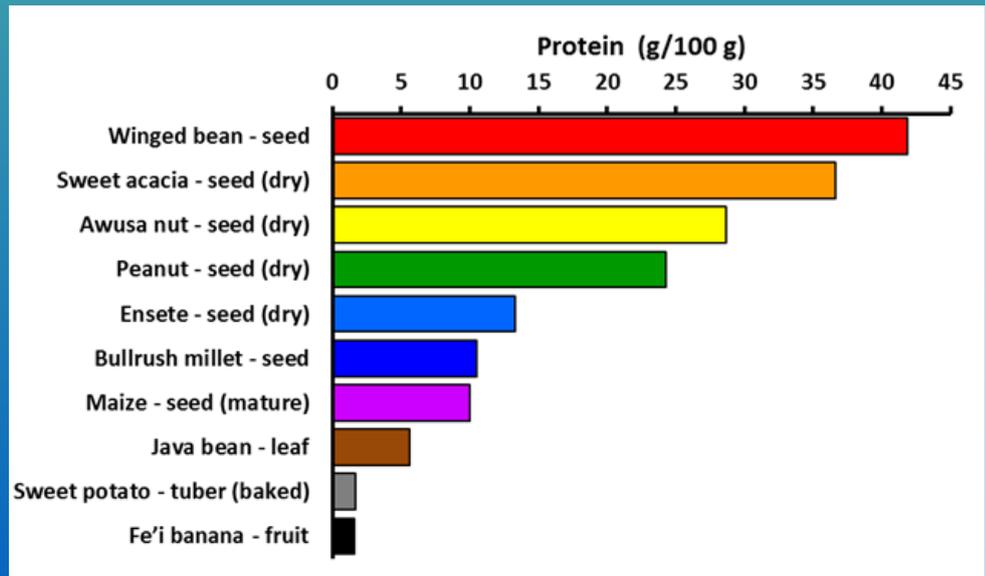
People who are short of Vitamin A have trouble seeing at night.

In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



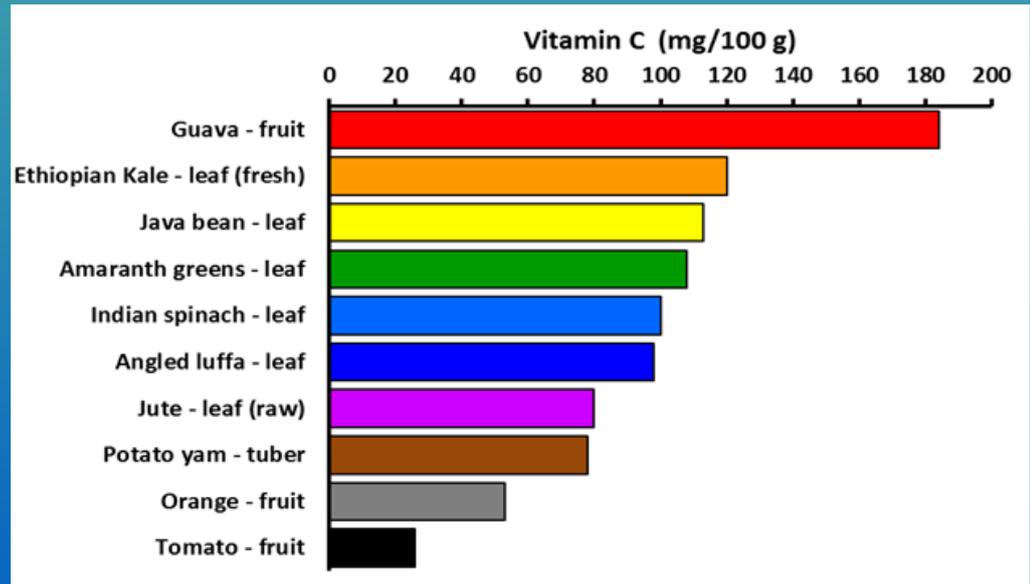
Protein foods

Food plants can be important sources of protein, particularly if fish and meat are not readily available.



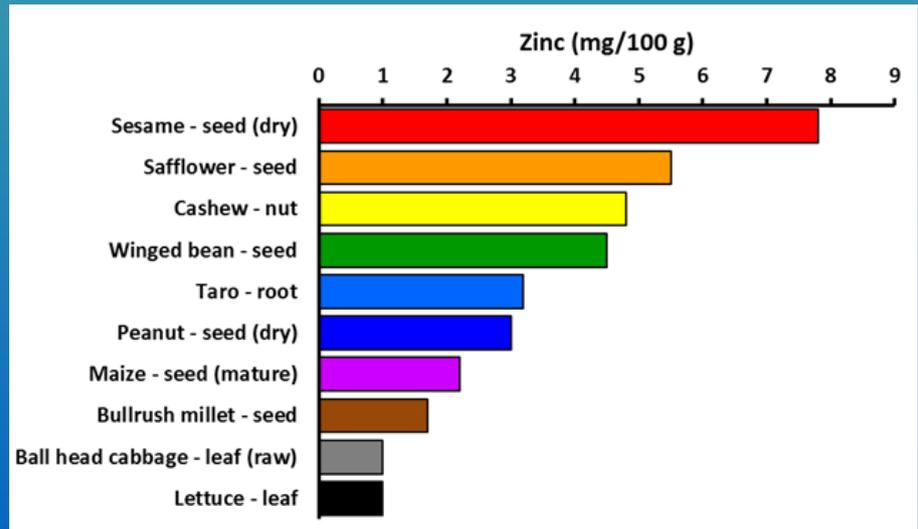
Vitamin C for good health

Vitamin C is important for helping us to avoid sickness.



Zinc for growing bodies

Zinc is particularly important for young children and teenagers to help recover from illness and be healthy.



Leafy green foods are important

Dark green leaves are an important source of iron, protein and other vitamins and minerals essential for healthy diets.

Dark green leaves contain folate which all women of child-bearing age need.

Low levels of folate at conception can lead to serious birth defects.

Everybody, especially women and children, should eat a hand full of leafy greens each day.



Amaranth



Edible hibiscus

Root crops are perfect plants for hot humid tropical climates

Starchy staple foods are the lifeblood of Uganda.

We need to look out for pests, disease and signs that the plants are growing in poor soil.



Beans provide protein and restore soils

Beans have special bacteria attached to their roots that allow them to take nitrogen from the air and put it into the soil for plants to use.

It is free fertiliser!



Everyone should eat some fruit everyday

Fruit provide minerals and vitamins and other important nutrients that everybody needs to stay healthy and well.

Good farmers plant several kinds of fruit trees.



Buffalo thorn



Pineapple



Fei banana

Fruit and nut trees for around houses

Fruit to be enjoyed by all.

Some need to be planted for the future.

Many fruit are seasonal. Some grow quickly.



Vegetables for variety and nutrition

As some vegetables only grow in certain seasons, families should plant a wide range to provide food all year.

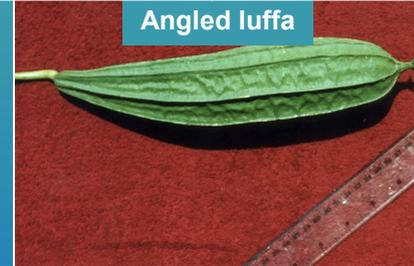
Some vegetables and edible leaves should be planted near houses so they are easily available even on wet days, or when people are too tired or busy to go to distant gardens.



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Eggplant



Angled luffa



Maize



Okra

Plants for garden edges



Soursop



Guava



Moringa



Ensete

Plants for the edge of gardens

Larger plants can be grown around the edges of gardens.



Plants for garden beds

Okra



Peanut



Sweet potato



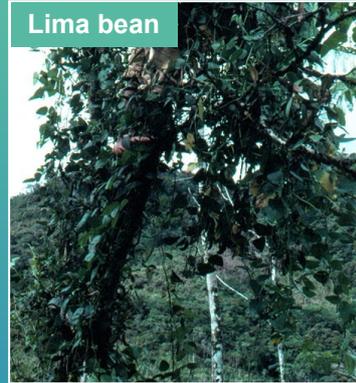
Spring Onion



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Plants to climb on fences

Many plants can be grown on fences around houses and gardens.



Acknowledgements



This publication has been developed as part of a project undertaken by Food Plant Solutions Rotary Action Group, made possible with funding by Rotary District 9830.

It would have not been possible without the commitment and support of the various volunteers, who have shared the vision and unselfishly given their time to support this project.

Review, layout and formatting - Lyndie Kite and John McPhee

For further details about the project please contact us at info@foodplantsolutions.org.
We welcome and encourage your support.

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Notes



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