



IMPROVING NUTRITIONAL SECURITY IN KENYA

In 1993 the Kenya Food Composition Tables (KFCT) were formulated by the Government to aggregate the nutrient content of local foods. Since then, there were changes in the populations' food consumption patterns. The introduction of new foods, food fortification, bio fortification and technologies for food processing necessitated review of the tables. Lack of an updated and comprehensive Food Composition Table prevented the Government from promoting dietary activities that would alleviate food and nutrition insecurity. This project was implemented to review and update the tables and to strengthen the linkages between scientific research on food analysis and decision-making on food-based approaches for improved nutrition security.



WHAT DID THE PROJECT DO?

Guidance, training and technical support were provided to review the Kenya Food Composition Tables. A food composition steering committee was formed, and food analysis data were collected from universities. The steering committee members attended capacity building workshops in food composition tables. Sixty-two foods were analysed, and 28 nutrients selected for analysis. All food data that were received were cleaned, confirmed and compiled into the International Network of Food Data Systems compilation tool. A total of 653 entries in the Kenya Food Composition Tables were made.

IMPACT

The collection and compilation of food composition data resulted in the up-to-date Kenya Food Composition Tables. The national reference document on food and nutrition analysis will be produced in the upcoming months and disseminated to counties in Kenya. Once stakeholders have this document, they will be able to make evidence-based decision-making, which will lead to a long-term positive impact on food and nutrition security in Kenya.

KEY FACTS

Contribution

USD 311 000

Duration

December 2015 – November 2017

Resource Partner

FAO

Partners

Ministry of Health, Ministry of Agriculture and Irrigation and Kenya Agriculture and Livestock Research Organization

Beneficiaries

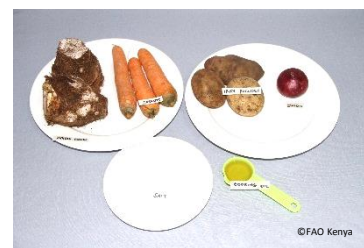
Staff of the Ministries, universities, other national and private research institutions, private sector, industries, the national bureau of standards, communities and households

ACTIVITIES

- A food composition steering committee was formed.
- 24 steering committee members attended training workshops in food composition tables.
- The relevant research laboratories were mapped out, and the research institutes were visited to collect data on food composition.
- The data from articles were entered into the food compilation tool.
- The existing data from 1993 was compiled into the food compilation tool.
- The key priority foods were selected, training for samplers undertaken and the samples collected.
- The samples were transported to the laboratory and analysed.
- Local recipes were cooked and documented, and their data were calculated.
- The new data were entered into the food compilation tool, for a total of 653 entries.
- The Kenya Food Composition Table was updated.
- Information on the experience in Kenya was shared at the International Food Data Conference, 2017.
- Launch and dissemination of the food composition table (planned).



SUSTAINABLE DEVELOPMENT GOALS



Project Code
TCP/KEN/3503

Project Title
Support to the Government in the review and technical update of the Kenya Food Composition Tables

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