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and the nutritional status of children was examined in the Bembeke and Chinyama areas of Dedza District and in the Tsangano area of Ntcheu District, both in the central region of Malawi (Costa-Pierce et al., 1990).

Chapter 5 - Promotion of food and dietary

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burden of disease is
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diseases such as obesity, metabolic disorders, cardiovascular diseases and cancer, which are all related to modifiable risk factors such as unbalanced diet and malnutrition as well as determinants such as behavior and lifestyle.

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Dietary diversification interventions are interventions that change food consumption at the household level, such as increasing the consumption of animal-source foods (Gibson and Anderson 2009; Gibson, Perlas, and Hotz 2006). In most resource-poor

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settings, starch-based diets with limited access to meats, dairy, fruits, or vegetables, are the dominant diets.

Dietary Diversification

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Hierarchical multiple regression analysis showed that income, health status, access to a car and living arrangement affected the level of dietary variety. The perceived level of different food-related resources impacted the consumption of a

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varied diet over and above actual resource levels.

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