

SUMMARY

The aims of this study were:

- 1) To compare the output of energy and protein from experimental plots with that from farmers practising traditional farming methods in a rural district,
- 2) To examine the food consumption patterns of some farm families,

The study took the form of six case studies of farm families. These families were visited on a regular basis for a six-month period. Twenty-four hour dietary recalls were obtained, and information on food expenditure collected.

Yield data was collected both from the experimental plots as well as from the farmers.

Anthropometric data was also collected on some children.

The results indicated that 11 families had deficit intakes of energy compared to their RDA. These ranged from 50% to 78%. All families except two had intakes of protein in excess of the RDA. Four out of the six families spent more than their estimated weekly income from farming on food.

The most striking feature of the families' diets was the monotony - yam being the major source of carbohydrate, and often being eaten three times for the day. There was a great dependence on tinned foods (especially mackerel) to provide variety in the diets.

The yield data from the experimental plots indicated the potential of some of the cropping systems for improving the nutrient output of the farmers.

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