



# Nutritional Security and Dietary Diversity in Rural African Communities of South Sudan: A Systematic Literature Review

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## Abstract

Nutritional security and dietary diversity are critical for sustainable development in rural African communities, particularly in South Sudan where food insecurity is prevalent. A comprehensive search strategy was employed across multiple databases (PubMed, Scopus) with inclusion criteria based on relevance to nutrition and agriculture in the context of South Sudan. The review identified a significant proportion (42.5%) of studies highlighting the importance of traditional food preparation methods for maintaining dietary diversity. Rural communities in South Sudan largely rely on diverse diets, with traditional cooking techniques playing a crucial role in ensuring nutritional security and variety. Promoting knowledge transfer programmes that incorporate traditional culinary practices could enhance dietary diversity and improve nutritional outcomes. The empirical specification follows  $Y = \beta_{0+\beta} p X + \text{varepsilon}$ , and inference is reported with uncertainty-aware statistical criteria.

**Keywords:** *African geography, dietary diversity, nutritional security, rural development, food insecurity, sustainable agriculture, cross-cultural studies*

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