



Dietary Diversity and Nutritional Security in Rural Nigerian Communities

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Abstract

Rural Nigerian communities face challenges in achieving adequate dietary diversity, impacting nutritional security. A mixed-methods approach combining surveys ($n=200$) and focus group discussions ($n=15$ groups). Participants reported consuming an average of 8 out of the 13 recommended food groups per day, with significant variation by region. Dietary diversity in rural Nigerian communities is compromised, highlighting the need for targeted interventions to improve nutrition outcomes. Policy recommendations include increasing access to diverse agricultural products and enhancing community engagement in nutrition education.

Keywords: African geography, Dietary diversity, Nutritional security, Rural communities, Anthropology, Food security, Feeding practices

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