



# Diversity in Rural Kenyan Diets and Nutritional Security Implications

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## Abstract

This study examines dietary diversity in rural Kenyan communities and its implications for nutritional security. A mixed-methods approach was employed, including surveys and interviews, to gather data from 120 households across five districts in Kenya. Dietary diversity scores were calculated using the United Nations Food and Agriculture Organisation (FAO) method. The analysis revealed that while dietary diversity varied significantly between districts, with some areas scoring as high as 75% on the FAO scale, there was a notable disparity in micronutrient deficiencies across different socio-economic groups. Dietary diversity does not uniformly translate to improved nutritional security due to regional variations and economic disparities among rural communities. Interventions should be tailored to address specific nutrient gaps identified based on dietary patterns observed, taking into account socioeconomic factors that influence food choices and access. The empirical specification follows  $Y = \beta_{0+\beta}^{-} p X + \text{varepsilon}$ , and inference is reported with uncertainty-aware statistical criteria.

**Keywords:** *African, Dietary Diversity, Nutritional Security, Rural, Anthropology, Survey, Community*

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