



Nutritional Security and Dietary Diversity in Liberian Rural Communities: An Exploratory Study

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Abstract

Nutritional security is a critical concern in rural African communities, where dietary diversity often falls short of recommended levels. Qualitative data was collected from 100 households using structured questionnaires to assess dietary patterns and nutrient intake. Among the sampled households, 45% reported insufficient vegetable consumption (95% CI: [37%, 52%]). Rural Liberian communities exhibit low levels of dietary diversity, particularly in vegetable intake. The study highlights a need for targeted interventions. Policy makers should prioritise the promotion of agricultural diversification and micronutrient fortification programmes to improve nutritional security. The empirical specification follows $Y = \beta_{0+\beta} X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African geography, dietary diversity, nutritional security, rural communities, food security, ethnoecology, qualitative analysis*

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