

## WFP- Food Consumption Score Nutritional Analysis (FCS-N) Guidelines

We have to help you meet daily nutrient needs and boost your immune system quickly

| Food Items   | FCS Food Group      | Standard Variable Name | FCS-N Components                 |
|--|---------------------|------------------------|----------------------------------|
| <i>Rice, pasta, bread / sorghum, millet, maize, fonio, potato, yam, cassava, white flesh sweet potato, taro and / or other tubers, plantain<sup>5</sup></i>  | Cereals and tubers  | Staples                |                                  |
| <i>Beans, cowpeas, peanuts, lentils, nut, soy, pigeonpea and / or other nuts</i>   | Pulses              | Pulses                 | Protein                          |
| <i>Fresh milk / sour, yogurt, cheese, other dairy products (Exclude margarine/butter or small amounts of milk for tea / coffee)</i>  | Milk and Dairy      | Dairy                  | Protein<br>Vitamin A             |
| <i>Beef, goat, poultry, pork, eggs and fish</i>  | Meat, fish and eggs | Proteins               |                                  |
| <b>Flesh meat:</b> <i>beef, pork, lamb, goat, rabbit, chicken, duck, other birds, insects</i>  |                     | FleshMeat              | Protein<br>Hem iron              |
| <b>Liver, kidney, heart and / or other organ meats</b>   |                     | OrganMeat              | Protein<br>Vitamin A<br>Hem Iron |
| <b>Fish / Shellfish</b> <i>fish, including canned tuna, escargot, and / or other seafood (fish in large quantities and not as a condiment)</i>   |                     | Fish                   | Protein<br>Hem Iron              |
| <b>Eggs</b>  |                     | Eggs                   | Protein<br>Vitamin A             |
| <b>All vegetables and leaves</b>   | Vegetables          | Veg                    |                                  |
| <b>Orange vegetables (vegetables rich in Vitamin A)</b> <i>carrot, red pepper, pumpkin, orange sweet potatoes<sup>6</sup></i>  |                     | OrangeVeg              | Vitamin A                        |
| <b>Dark green leafy vegetables</b> <i>spinach, broccoli, amaranth and / or other dark green leaves, cassava leaves</i>   |                     | GreenVeg               | Vitamin A                        |
| <b>All fruits</b>  | Fruits              | Fruits                 |                                  |
| <b>Orange fruits (Fruits rich in Vitamin A)</b> <i>mango, papaya, apricot, peach. (NB: do not included oranges<sup>7</sup>)</i>  |                     | OrangeFruit            | Vitamin A                        |
| <b>Vegetable oil, palm oil, shea butter, ghee, margarine, other fats / oil</b>   | Oils and Fats       | Fats                   |                                  |
| <b>Sugar, honey, jam, cakes, candy, cookies, pastries, cakes and other sweet (sugary drinks)</b>   | Sugar               | Sugars                 |                                  |
| <b>Condiments / Spices</b> <i>tea, coffee / cocoa, salt, garlic, spices, yeast / baking powder, tomato / sauce, meat or fish as a condiment, condiments including small amount of milk / tea coffee.</i> |                     | Condiments             |                                  |

<sup>3</sup> The table consists of 9 food groups however the nutritional value of the last one is not taken into consideration in the analysis.

<sup>4</sup> The food groups presented here are the same as the ones recommended by FAO for the calculation of the HDDS indicator except that the cereals and tubers are merged ([http://www.fao.org/fileadmin/user\\_upload/wa\\_workshop/docs/FAO-guidelines-dietary-diversity2011.pdf](http://www.fao.org/fileadmin/user_upload/wa_workshop/docs/FAO-guidelines-dietary-diversity2011.pdf)).

**Source:** World Food Programme. (2015, November 20). WFP. Food Consumption Score Nutritional Quality Analysis (FCS-N) - Technical Guidance Note. Retrieved from [www.wfp.org/: https://www.wfp.org/publications/food-consumption-score-nutritional-quality-analysis-fcs-n-technical-guidance-note](https://www.wfp.org/publications/food-consumption-score-nutritional-quality-analysis-fcs-n-technical-guidance-note)

### Food Consumption Score Nutritional (FCS-N) Guidelines

Use this food group cluster to balance your Daily Nutrient Needs

| FOOD ITEM  | Variable Name    | Food Groups                   | Food Consumption Score (FCS)  |
|--|------------------|-------------------------------|---|
| Rice, pasta, bread/sorghum, millet, maize, fonio, potato, yam, cassava, white flesh sweet potato, taro and/or other tubers, plantain | Staple foods     | Tubers and Cereals            | Cooper<br>Zinc<br>Calorie   |
| Beans, cowpeas, peanuts, lentils, nut, peas, French beans, soy, nuts, pigeon pea, and/or other nuts                                  | Pulses           | Pulses                        | Protein, Zinc, Copper, Fibre, iron, zinc, folate, & magnesium                                   |
| Fresh milk, yogurt, cheese, other dairy products<br><i>(Exclude margarine/ butter or small amounts of milk for tea/coffee)</i>       | Dairy            | Milk and other dairy products | Protein, Vitamin A, calcium, protein, vitamin D, vitamin K, vitamin B2, potassium, & phosphorus |
| Beef/meat, goat, poultry, eggs, and fish   | Proteins         | Fish, meat, and eggs          | Hem Iron, iodine, iron, zinc, calorie, & vitamins (especially B12)                              |
| Flesh meat: beef, lamb, goat, rabbit, chicken, duck, other birds, insects  | <u>FleshMEAT</u> |                               | Protein, Vitamin A, Hem Iron, iodine, calorie, iron, zinc, & vitamins (especially B12)          |
| Liver, kidney, heart, and/or other organ meats   |                  | <u>OrangeMeat</u>             | Protein<br>Vitamin A<br>Hem Iron  |
| Fish / Shellfish, including canned tuna, escargot, and/or other seafood (fish in large quantities and not as a condiment)            |                  | Fish                          | Protein<br>Hem Iron   |
| Eggs   | Eggs             |                               | Protein, Vitamin A, & vitamin D,  |

|  |                       |                       |  |
|--|-----------------------|-----------------------|--|
| <b>All vegetables and leaves</b>   | Vegetables            | Veg                   | Potassium, dietary fiber, folate, vitamin A, & vitamin C   |
| <b>Orange vegetables (vegetables rich in Vitamin A) carrot, red pepper, pumpkin, orange sweet potatoes</b>                                       | Orange-VEG            |                       | Vitamin A<br>vitamin C<br>vitamin B<br>calorie   |
| <b>Dark green leafy vegetables spinach, broccoli, amaranth and/or other dark green leaves, cassava leaves</b>                                    | Green-VEG             |                       | Vitamin A  |
| <b>Mushrooms, spinach, broccoli, kale, and garlic (Legumes, nuts, tofu, oat, and other seeds)</b>  | Vegetables and cereal | Nutritious vegetables | Zinc<br>Cooper   |
| <b>Organ meat (liver, kidney, heart, intestines)</b>   | <u>OrganMEAT</u>      |                       | Protein<br>Vitamin A<br>Hem Iron   |
| <b>ALL FRUITS</b>  | Fruits                | Fruits                | Beta-carotene C and E, magnesium, zinc, phosphorous and folic acid, vitamin C, potassium & folate, fiber |
| <b>Orange fruits (Fruits rich in Vitamin A) mango, sour, papaya, apricot, peach. (NB: do not include oranges)</b>                                |                       | <u>OrangeFruit</u>    | Vitamin A<br>Calorie   |
| <b>Citrus fruit, such as oranges and orange juice, peppers, lemon fruits, strawberries, blackcurrants, broccoli, brussels sprouts, potatoes.</b> |                       |                       | Vitamin C  |
|  |                       |                       |  |
| <b>Vegetable oil, palm oil, shea butter, ghee, margarine, other fats/oil</b>   | Oils and Fats         | Fats                  |  |

|   |            |        |                       |
|---|------------|--------|-----------------------|
| Sugar, honey, jam, cakes, candy, cookies, pastries, cakes, and other sweet (sugary drinks)  | Sugar      | Sugars | Carbohydrate & energy |
| Condiments / Spices tea, coffee/cocoa, salt, garlic, spices, yeast/baking powder, tomato/sauce, meat or fish as a condiment, condiments including a small amount of milk/tea coffee | Condiments | Spices | Sauce                 |

**NOTE:** The above food group list shows some food appearing in more than one food cluster(s) because of their various nutrient. The reason for double counting or mixing is that the Food Consumption Score (FCS) does not consider diet diversity itself, but it looks at the possible nutrient imbalances or insufficiency. FCS is a World Food Programme indicator used to measure and define household food insecurity.

WFP and FAO advise people to consume at least 3-days a certain type of food group nutrient-rich. Any FCS recorded at 0-days means poor or lack of nutrients in a particular group, and food group consumed at least 1-6 days means borderline *and can be referred to as imbalance of nutrients in your body*. Secure Food rich nutrient scores should be 7-Days categorized as acceptable FCS referring to nutrient security.

We're also in the business of improving your immunity and nutrient scores.

Feel free to contact us for any inquiries about your daily Nutrient-rich Foods.

Email us: [info@agribanks.org](mailto:info@agribanks.org)



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