Advantages, Barriers, and Challenges to Global Harmonization for Nutrient Intake Recommendations

African Perspective

- Limited capacity to handle food and nutrition issues, such as NIVs
- Diverse foods, dietary patterns and habits, seasonal food supplies and agricultural practices in Africa; harmonization of approaches will have to be initiated or developed in line with other well-developed science-based methods
- The challenge in Africa is not only the development of unified approaches and methods to determine NIVs but also building capacity to develop and sustain more appropriate methods developed for individual countries and Africa as a whole
- Currently, some work to determine nutrient content in some foods (e.g., iron in amaranthas) has been done in Uganda, but information on similar work on other nutrients is scattered in many academic institutions and interested agencies
- There are existing national and regional bodies in Africa that were formed to handle food and nutrition issues including research, dietary recommendation and policy
- How can all these bodies be coordinated to harmonize into the global systems?