



Interrelationship among Dietary Diversity, Socioeconomic Factors and Food Security in Rural Farm Households

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Abstract: A total of 90 farm households from three land holding categories viz. small (1-2 hectares), semi-medium (2-4 hectares) and medium (4-10 hectares) were selected to determine the interrelationship among diet diversity, socio-economic factors and food security. Vitamins A, B₁, C and calcium had Nutrient Adequacy Ratio (NAR) more than 100%, while only Vitamin B₁₂ had NAR% less than 50%, other six nutrients namely energy, protein, vitamin B₂, B₃, folacin and iron had NAR between 51-75%. The increase in expenditure on food, resulted in significant increase in Dietary Diversity Score (DDS) but household size showed negative but significant association with DDS. The education of respondents and total expenditure on food resulted in a significant increase in Food Variety Score (FVS), but there was significant decrease in FVS with the increase in household size.

Key Words: Dietary diversity score, Food security, Food variety score, Mean adequacy ratio, Nutrient adequacy ratio
