

**Nota: Este documento contiene
imágenes en mal estado.**

APPENDIX 1

A Collection of Recent Publications

1. **Food and Nutrition Procedures in Times of Disaster.** (1967). G. B. Masfield. FAO Nutrition Studies No. 21. A handbook that emphasizes the practical aspects of food management in times of disaster with a chapter on medical problems in famine.
2. **Famine—A Symposium Dealing with Nutrition and Relief Operations in Times of Disaster.** (1971). Ed. Gunnar Blix, Yngve Hofvander, and Bo Vahlquist—Swedish Nutrition Foundation Uppsala, Sweden. Contains several papers by experts on effects of famine and famine relief with case studies and discussions.
3. **Guide to Sanitation in Natural Disasters.** (1971). M. Assar, World Health Organization, Geneva. A guide that provides basic information on the principles of emergency sanitation and contains detailed instructions for carrying out certain tasks.
4. **Guideline to the Management of Common Medical Problems Among Bangladesh Refugees.** (1971). Compiled by Jon E. Rohde, D. Mahalanabis and P. Gardner, International Rescue Committee, S/A Orient Row, Calcutta—17 and 386 Park Ave. S., New York, 10016. Offers basic guidelines to the management of most common medical problems seen in refugee camps and emphasizes simple and practical methods.
5. **Protein-Rich Mixtures for Use as Weaning Foods.** (1972). PAG Guideline No. 8, New York, 10017. Gives nutrient composition and energy content of weaning foods to cover minimal needs; includes guidelines on purity, packaging, and shelf-life.
6. **Disaster Technology—An Annotated Bibliography.** (1973). Diana Manning, London Technical Group. Contains brief annotations of published and unpublished information on technical aspects of disaster relief and prevention in different parts of the world.
7. **Disaster in Bangladesh—Health Crisis in a Developing Nation.** (1973). Ed. Lincoln C. Chen, Oxford University Press, New York. Discusses the health and food crisis faced during 1970 to 1972 (cyclone disaster and civil strife) and the post-war relief and rehabilitation efforts.
8. **The Sahelian Drought.** (1974). Cato Aall and Elisabeth Helsing—Environmental Child Health. December, pp. 304-329. A practically-oriented report on food provision, nutrition, and rehabilitation based on experience during drought in Niger.
9. **The Conquest of Famine.** (1974). William R. Aykroyd, Chatto and Windus, London. A narrative historic account of famines.

10. "Coping with Famine" (1974) by Jean Mayer in **Foreign Affairs, An American Quarterly Review**, Vol. 53, New York, US. An essay on famine and priorities for action.
11. **Special Child Relief—A Handbook for Supplementary Feeding Site Organizers.** (1975). Sindhu Phadke and Gopal Dutie, UNICEF, South Central Asia Region, 11, Jor Bagh New Delhi, 110003, India. A ready reference guide to supplement the training of organizers/supervisors engaged in child relief programs.
12. **Treatment and Prevention in Diarrheal Diseases: A Guide for Use at the Primary Level.** (1976). World Health Organization, Geneva. Gives a clear and simple description of assessment of severity of dehydration and how to rehydrate; particularly useful for primary health workers.
13. **The League of Red Cross Societies—Handbook on Disaster Relief.** (1976). Contains the vast internationally accumulated experience of the Society and offers guidelines for planning and relief action.
14. **Manual on Feeding Infants and Young Children** (2nd Ed.). (1976). Margaret Cameron and Yngve Hofvander. Protein-Calorie Advisory Group of the United Nations System. New York, US. Examines the nutritional problems of the infant and young child and provides details on how to feed using home-made foods.
15. **Drought in the Sahel.** International Relief Operations (1973-1975). FAO/Rome. 1976.
16. **International Journal of Disasters.** Quarterly, to be issued from 1977, Pergamon Press Inc., New York and Oxford.
17. **Guide on Relief During Nutritional Emergencies.** D. de Ville de Goyet. WHO publication (under preparation).

APPENDIX 2

Some Units and Institutions Engaged in Research and Study of Disasters

1. Australia

School of Administrative Studies
Canberra College of Advanced Education
P. O. Box 381
Canberra City, A.C.T. 2601 Australia
R. L. Wettenhall

2. Belgium

Centre de Recherche sur l'Epidemiologie des Désastres

L'Ecole de Santé Publique
Université de Louvain
Avenue Chappelle aux Champs 4
1200 Brussels, Belgium
M. F. Lechat, Director

NATO Committee on the Challenges of Modern Society

Disaster Assistance
Hazard Reduction Programme
NATO
Brussels, Belgium
(This committee has sponsored extensive studies of disaster hazard reduction.)

3. Canada

Counselling Center
University of Victoria
Victoria, British Columbia, Canada
V8W 2Y2
H. D. Beach

Departments of Geography and Sociology
University of Toronto
100 St. George Street
Toronto 5, Canda M5S 1A1
Ian Burton

Department of Sociology
University of Manitoba
Winnipeg, Manitoba, Canada R3T 2N2
Rodney Kueneman

4. United Kingdom

Disaster Research Unit

University of Bradford
Bradford,
Yorks, England BD7 1DP
Tel. 0274-33466

James Lewis

(A unit to develop ways of preparing and planning for natural disasters: 1. Contingency planning; 2. Social precautions; 3. Physical precautions. The unit publishes a series of Occasional Papers and as of August 1976 had issued 12 numbers.)

Emergency Technical Aid Service (IETAS)

9-11 Richmond Buildings
Dean Street
Soho,
London W1V 6NF, England
Tel. 01-437-8305

Edward Mills, Director

(IETAS is an organization where experts in various professions have offered their services, should they be called upon, in the event of disaster.)

London Technical Group

Institute of Biology
41 Queensgate
London SW7, England
Tel. 01-589-9076 — Ext. 14

John Murliss

(A group that has formulated a detailed Bibliography on Disaster; also devoted to research on disasters.)

5. France

Centre d'Etudes Psychosociologiques des Sinistres et de leur Prevention

28 Rue d'Assas
Paris, France 75006
Charles Chandessaïs, Director

6. Italy

Department of Sociology
Centro Studi sulle Calamità Naturali
Università della Calabria
Cosenza, Italy
Ada Cavazzani

7. Japan

Department of Sociology

Institute for Foreign Studies
University of Tokyo
5 - 28 - 20 Shiroyama
Bunkyo-ku
Tokyo 112, Japan
H. Ohta

Disaster Behavioristic Society
Tokyo University of Foreign Studies
Nishigara, Kitaku
Tokyo, Japan
Kitao Abe, Director

National Research Centre for Disaster Prevention
6-15-1 Ginza Chu-Ku
Tokyo 104, Japan
M. Sugaware, Director

8. New Zealand

Department of Psychology and Sociology
University of Canterbury
Christchurch 1, New Zealand
Arnold Parr

9. Sweden

Organizing Committee for Disaster Medicine
Forsvarets Forskningsanstalt
National Defence Research Institute
S - 104 50 Stockholm 80, Sweden

10. Switzerland

Disaster Preparedness Bureau
The League of Red Cross Societies
Case Postale 276
1211 Geneva 19, Switzerland
(Tel. 34 55 80)

**United Nations Office of the Disaster Relief Co-ordinator
(UNDRO)**
Palais des Nations
CH 1211
Geneva 10, Switzerland

11. US

Center for Short-Lived Phenomena
Smithsonian Institute
60 Garden Street
Cambridge, Mass., 02138, US
(This organization monitors all worldwide "unusual" events; these in-

clude all categories of natural disasters from very small-scale to major catastrophes.)

Disaster Research Centre

College of Social and Behavioral Science

Ohio State University

127-129 West 10th Avenue

Columbus, Ohio 43201, US

E.L. Quarantelli

Intertect

Box 10502

Dallas, Texas 75207, US

Fred Cuny, Director

(A unit specifically looking at problems of refugee camp planning—as well as all forms of disaster housing.)

APPENDIX 3

International Council of Voluntary Agencies (Conseil International des Agences Bénévoles)

17 avenue de la Paix, 1202 Geneva, Switzerland

Telephone: 33 20 25

The International Council of Voluntary Agencies (ICVA) was formed in March 1962, out of a merger between three international non-governmental coordinating organizations working in the field of assistance to people in need.

ICVA is a practical organ of cooperation for the entire non-governmental world. As a central bureau of liaison, ICVA's function is to centralize and disseminate the experience of the voluntary agencies in order to help them in the betterment, growth and coordination of their programmes. ICVA's present membership is around 100 organizations, all of them non-governmental, non-profit-making, and engaged in activities of a humanitarian character. The names and addresses of these organizations may be obtained from the above address.

The history of voluntary humanitarian work is long and proud, rich and diverse. The individual gesture of human fellowship, the organized expression of community consciousness, the desire to eliminate all forms of suffering, to spread knowledge, and to bring about social justice and international peace are among the basic principles of the voluntary activity of the membership of the International Council of Voluntary Agencies.

ICVA works through a General Conference and Governing Board, a series of programme commissions and working groups, and a headquarters Secretariat. The Secretariat is located at the above address and the Executive Director is Mr. Cyril Ritchie.

The various organs of ICVA serve as tools in the development and improvement of voluntary agencies and their activities, notably in such specific spheres as aid to refugees and migrants, emergency aid in disasters, and social and economic development. ICVA is thus a contributing factor in the amelioration or elimination of some of today's and tomorrow's problems of people in need in all corners of the world.

The ICVA publications are of two kinds:

- a) ICVA News—published three times a year (subscription of 12 issues—Sw. Fr. 72).
- b) ICVA documents. So far, 18 documents have been published as follows:

(Single copies of the publications—Sw. Fr. 5.)

- No. 2 - De l'assistance juridique aux réfugiés, aux apatrides et aux migrants
- No. 3 - Refugee Services Memorial Fund
- No. 4 - Asistencia jurídica a los refugiados, apatridas y migrantes
- No. 6 - Some aspects of dynamic development
- No. 7 - Quelques aspects du développement
- No. 8 - Human needs and social justice
- No. 10 - On legal assistance to refugees, stateless persons, and migrants
- No. 11 - Development information clearing houses
- No. 12 - Centres de documentation et d'information touchant le développement
- No. 13 - Der Rechtsbeistand an Flüchtlinge, Staatenlose und Migranten
- No. 14 - International Voluntary Action for Human Need
- No. 15 - Besoins de l'Homme et Action bénévole internationale
- No. 16 - Pédagogie coopérative et développement rural en Afrique noire
- No. 17 - Cooperative teaching and rural development in Africa south of the Sahara
- No. 18 - Population questions
- No. 19 - Les questions de la population

**American Council of Voluntary Agencies for
Foreign Service, Inc.**

200 Park Ave. South, 11th floor
New York, N.Y. 10003, US

The American Council of Voluntary Agencies for Foreign Service was established in 1943 to provide a means for consultation, coordination, and planning, and to assure the maximum effective use of contributions by the American community for the assistance of people overseas. Through the Council, nearly 45 member American voluntary agencies engaged in programs of active service overseas now coordinate their plans and activities both at home and abroad, not only among themselves but also with non-member agencies and governmental, inter-governmental, and international organizations. Since 1955, the Council has operated the Technical Assistance Information Clearing House under contract with the United States Agency for International Development. The names and addresses of the member voluntary agencies may be obtained by writing to the above address.

APPENDIX 4

General Assembly Resolution 2816 (XXVI):

ASSISTANCE IN CASES OF NATURAL DISASTER AND OTHER DISASTER SITUATIONS

The General Assembly,

Bearing in mind that throughout history natural disasters and emergency situations have inflicted heavy loss of life and property, affecting every people and every country,

Aware of and concerned about the suffering caused by natural disasters and the serious economic and social consequences for all, especially the developing countries,

Also aware of the varying needs of nations experiencing such disorders, which present new challenges for international co-operation,

Concerned about the ability of the international community to come to the aid of countries in a disaster situation,

Recalling its resolutions 2034 (XX) of 7 December 1965, 2435 (XXIII) of 19 December 1968, 2608 (XXIV) of 16 December 1969 and 2717 (XXV) of 15 December 1970, and Economic and Social Council resolutions 1533 (XLIX) of 23 July 1970 and 1546 (XLIX) of 30 July 1970 on assistance in cases of natural disaster,

Expressing appreciation of the Secretary-General's comprehensive report and of its perceptive examination of all aspects of the question, and taking note of the relevant passage in his statement to the Economic and Social Council on 5 July 1971,

Taking note of Economic and Social Council resolution 1612 (LI) of 23 July 1971 on assistance in cases of natural disaster and other emergency situations,

Noting the study, annexed to the Secretary-General's report, on the legal status of disaster relief units made available through the United Nations,

Mindful of the need to strengthen and make more effective the collective efforts of the international community, and particularly the United Nations system, in the field of international disaster assistance,

Bearing in mind that assistance provided at the request of the stricken countries, without prejudice to their individual country programmes under the United Nations Development Programme, can be an effective contribution to the rehabilitation and development of the stricken areas,

Bearing in mind also that the possible response of the International Bank for Reconstruction and Development and other credit organizations and development agencies to a request from the Governments concerned for complementary assistance to the stricken areas, without prejudice to the assistance provided by those organizations for the normal development programmes of the stricken countries, can be an important element in the reconstruction and development of those areas,

Noting the competence of the United Nations and its related agencies, the United Nations Children's Fund, the United Nations High Commissioner for Refugees and the World Food Programme to render assistance in cases of natural disaster and other disaster situations,

Noting further the key role which the resident representatives of the United Nations Development Programme could play at the country level,

Recognizing the vital role in international relief played by the International Red Cross and other voluntary societies,

Recognizing further the necessity to ensure prompt, effective and efficient response to a Government's need for assistance, at the time of a natural disaster or other disaster situation, that will bring to bear the resources of the United Nations system, prospective donor countries and voluntary agencies,

1. **Calls upon** the Secretary-General to appoint a Disaster Relief Coordinator, who will report directly to him and who will be authorized, on his behalf:
 - (a) To establish and maintain the closest cooperation with all organizations concerned and to make all feasible advance arrangements with them for the purpose of ensuring the most effective assistance;
 - (b) To mobilize, direct and co-ordinate the relief activities of the various organizations of the United Nations system in response to a request for disaster assistance from a stricken State;
 - (c) To co-ordinate United Nations assistance with assistance given by intergovernmental and non-governmental organizations, in particular by the International Red Cross;
 - (d) To receive, on behalf of the Secretary-General, contributions offered to him for disaster relief assistance to be carried out by the United Nations, its agencies and programmes for particular emergency situations;
 - (e) To assist the Government of the stricken country to assess its relief and other needs and to evaluate the priority of those needs, to disseminate that information to prospective donors and others concerned, and to serve as a clearing-house for assistance extended or planned by all sources of external aid;
 - (f) To promote the study, prevention, control and prediction of

natural disasters, including the collection and dissemination of information concerning technological developments;

- (g) To assist in providing advice to Governments on pre-disaster planning in association with relevant voluntary organizations, particularly with the League of Red Cross Societies, and to draw upon United Nations resources available for such purposes;
 - (h) To acquire and disseminate information relevant to planning and co-ordinating disaster relief, including the improvement and establishment of stockpiles in disaster-prone areas, and to prepare suggestions to ensure the most effective use of available resources;
 - (i) To phase out relief operations under his aegis as the stricken country moves into the stage of rehabilitation and reconstruction, but to continue to interest himself, within the framework of his responsibilities for relief, in the activities of the United Nations agencies concerned with rehabilitation and reconstruction;
 - (j) To prepare an annual report for the Secretary-General, to be submitted to the Economic and Social Council and to the General Assembly;
2. **Recommends** that the Disaster Relief Co-ordinator should be appointed by the Secretary-General normally for a term of five years and at a level comparable to that of an Under-Secretary-General of the United Nations;
 3. **Endorses** the Secretary-General's proposals for an adequate permanent office in the United Nations which shall be the focal point in the United Nations system for disaster relief matters;
 4. **Recommends** that that office should be headed by the Disaster Relief Co-ordinator and located in Geneva, by a distinct element within the United Nations Secretariat and be augmented as necessary by short-term secondment of personnel for individual emergencies;
 5. **Requests** the Secretary-General to prepare for the Economic and Social Council at its fifty-third session, taking into account any relevant suggestions and the experience gained by the Disaster Relief Co-ordinator, a report on any further steps which may be required to enable the Disaster Relief Co-ordinator adequately to perform the functions entrusted to him under the present resolution;
 6. **Further endorses** the plan for a roster of volunteers, to be drawn from experienced staff members of the United Nations system and interested non-governmental organizations, who could be made available at very short notice;
 7. **Recommends** that the Disaster Relief Co-ordinator should maintain contact with the Governments of States Members of the United Nations or members of specialized agencies or of the International

Atomic Energy Agency concerning available aid in emergency situations, such as food supplies, medicines, personnel, transportation and communications, as well as advice to countries in pre-disaster planning and preparedness;

8. Invites potential recipient Governments:

- (a) To establish disaster contingency plans with appropriate assistance from the Disaster Relief Co-ordinator;
- (b) To appoint a single national disaster relief co-ordinator to facilitate the receipt of international aid in times of emergency;
- (c) To establish stockpiles of emergency supplies, such as tents, blankets, medicines and non-perishable foodstuffs;
- (d) To make necessary arrangements for the training of administrative and relief personnel;
- (e) To consider appropriate legislative or other measures to facilitate the receipt of aid, including overflight and landing rights and necessary privileges and immunities for relief units;
- (f) To improve national disaster warning systems;

9. Invites potential donor Governments:

- (a) To respond promptly to any call by the Secretary-General or, on his behalf, by the Disaster Relief Co-ordinator;
- (b) To consider and to continue offering on a wider basis emergency assistance in disaster situations;
- (c) To inform the Disaster Relief Co-ordinator in advance about the facilities and services they might be in a position to provide immediately, including where possible relief units, logistical support and means of effective communication;

10. Decides to authorize the Secretary-General to draw on the Working Capital Fund in the amount of \$200,000 for emergency assistance in any one year, with a normal ceiling of \$20,000 per country in the case of any one disaster;

11. Further invites all organizations of the United Nations system and all other organizations involved to co-operate with the Disaster Relief Co-ordinator.

2018th plenary meeting,
14 December 1971.

APPENDIX 5

List of UNDRO Publications

(All volumes are published in English, French, and Spanish)

1. Guidelines for Disaster Prevention — 3 Volumes (1976)
 - Vol. I. Pre-Disaster Physical Planning on Human Settlements
 - Vol. II. Building Measures for Minimizing the Impact of Disaster
 - Vol. III. Management of settlements
2. Disaster Prevention and Mitigation: A Compendium of Current Knowledge—A Series
 - Vol. I. Volcanological Aspects (1976)
 - Vol. II. Hydrological Aspects (1976)

Other volumes include seismology, meteorology, and land-use, health, building, civil engineering, public information and the legal, economic, and social aspects—under preparation
3. The Protection of Human Settlements — A document prepared for the UN Conference on Human Settlements, June 1976. (No. A/Conf. 70/B/7)
4. Guidelines for community preparedness and disaster prevention with special reference to tropical cyclone areas (under preparation jointly with other Agencies).
5. The World Survey of Disaster Damage (covering period 1960-1974). To be issued in 1977.
6. UNDRO Newsletter — Periodical containing information on disaster situations, preventing systems, technical reports, and articles and other subjects related to natural disasters.

The UNDRO has established a reference library on disaster-related matters.

APPENDIX 6: Recommended

Age	Body weight	Energy		Protein (1,2)	Vitamin A (3,4)	Vitamin D (5,6)
		(1)	(1)			
	kilo-grams	kilo-calories	mega-joules	grams	micro-grams	micro-grams
Children						
<1	7.3	820	3.4	14	300	10.0
1-3	13.4	1,360	5.7	16	250	10.0
4-6	20.2	1,830	7.6	20	300	10.0
7-9	28.1	2,190	9.2	25	400	2.5
Male adolescents						
10-12	36.9	2,600	10.9	30	575	2.5
13-15	51.3	2,900	12.1	37	725	2.5
16-19	62.9	3,070	12.8	38	750	2.5
Female adolescents						
10-12	38.0	2,350	9.8	29	575	2.5
13-15	49.9	2,490	10.4	31	725	2.5
16-19	54.4	2,310	9.7	30	750	2.5
Adult man (moderately active)	65.0	3,000	12.6	37	750	2.5
Adult woman (moderately active)	55.0	2,200	9.2	29	750	2.5
Pregnancy (later half)		+350	+1.5	38	750	10.0
Lactation (first 6 months)		+550	+2.3	46	1,200	10.0

From: *Handbook on Human Nutritional Requirements*, WHO—Monograph Series No. 61, 1974
 Plant protein sources have lower biological values and the recommended protein intake given above in terms of milk or egg protein should be converted using the following formula:

$$\frac{\text{Recommended intake for egg or milk protein} \times 100}{60}$$

Thus, one can derive the recommended intake in a mixed diet containing protein from plant sources only. If the mixed diet contains sources of animal protein also the denominator will be changed to 70 or 80 depending on the amount of animal protein in the diet.

Intakes of Nutrients

Thiamine (3) milli- grams	Ribo- flavine (3) milli- grams	Niacin (3) milli- grams	Folic acid (5) micro- grams	Vitamin B ₁₂ (3) micro- grams	Ascorbic acid (5) milli- grams	Calcium (7) grams	Iron (5,8) milli- grams
0.3	0.5	5.4	60	0.3	20	0.5-0.6	5-10
0.5	0.8	9.0	100	0.9	20	0.4-0.5	5-10
0.7	1.1	12.1	100	1.5	20	0.4-0.5	5-10
0.9	1.3	14.5	100	1.5	20	0.4-0.5	5-10
1.0	1.6	17.2	100	2.0	20	0.6-0.7	5-10
1.2	1.7	19.1	200	2.0	30	0.6-0.7	9-18
1.2	1.8	20.3	200	2.0	30	0.5-0.6	5-9
0.9	1.4	15.5	100	2.0	20	0.6-0.7	5-10
1.0	1.5	16.4	200	2.0	30	0.6-0.7	12-24
0.9	1.4	15.2	200	2.0	30	0.5-0.6	14-28
1.2	1.8	19.8	200	2.0	30	0.4-0.5	5-9
0.9	1.3	14.5	200	2.0	30	0.4-0.5	14-28
+0.1	+0.2	+2.3	400	3.0	30	1.0-1.2	(9)
+0.2	+0.4	+3.7	300	2.5	30	1.0-1.2	(9)

APPENDIX 7: Popular Staples

The following list provides information on a country basis on the major foods consumed in 111 countries. It is planned to help select the correct foods to send to the affected area during an emergency. For countries that are large in size and where dietary patterns vary from one area to another, information is specified by regions. It is important for the user of this list to realize that it gives only a summary of the most important foods consumed. Although the list gives information by different regions, it cannot always mention differences that may exist between rural and urban areas or between socioeconomic classes within each region.

MAJOR FOODS AND ACCEPTABLE Major Food			
Country	Region	Staple	Accompaniment
1. Afghanistan		Wheat-flour Maize flour Rice Barley	Vegetables Fruits Meat Mutton fat Vegetable oil
2. Algeria	<i>Mediterranean Zone (North)</i>	Wheat-flour Barley	Vegetables Broad beans Olive Oil Rapeseed oil Butter
	<i>Saharian Zone (South)</i>	Dates Millet Meat Butter	—
3. Angola	<i>North</i>	Cassava	Leafy vegetables Pulses Peanuts Meat
	<i>Central Highland</i>	Maize flour	Leafy Vegetables Pulses Peanuts Meat
	<i>South</i>	Millet	Leafy vegetables Pulses Peanuts Meat
	<i>Pastoralists</i>	Millet Blood Meat	Leafy vegetables Pulses Peanuts Meat

and Acceptable Alternatives

The information provided has been obtained from a number of sources, including: food consumption data, the FAO Food Balance Sheets, material on food habits, and reports on experiences with nutrition and food aid programs. A number of references to reviews and bibliographies on food patterns and socioeconomic aspects of food and nutrition in a great number of countries is given at the end of the list. These references are intended for those who need to know where data can be found on food consumption and food habits in a particular country.

ALTERNATIVES IN ADULT DIETS

Acceptable Alternative		Remarks
Staple	Accompaniment	
Sorghum	Pulses	Pork avoidances. Fish not known everywhere as food.
Rice	Milk	Pork avoidances.
Wheat Bulgur	powder	
Wheat-flour	—	Fish not used by pastoralists.
Milk powder	—	
Wheat-flour	—	
Maize flour	—	
Rice	—	
Dehydrated potato	—	
Wheat-flour	—	
Rice	—	
Wheat-flour	—	
Rice	—	
Sweet potato	—	
Yam	—	

Country	Region	Major Food	
		Staple	Accompaniment
4. Antigua		Sweet potato Yam	Pulses Peanuts Mung beans Vegetables Milk
5. Bahrain		Barley Rice Dates	Vegetables Fish Meat Milk Vegetable oil Butter
6. Bangladesh		Rice	Leafy vegetables Pigeon pea Fish Milk Meat Vegetable oil Ghee
7. Barbados		Rice Potato Sweet potato Wheat-flour	Pulses Pigeon pea Fish Meat Milk Vegetable oil
8. Belize		Rice Plantain	Phaseolus vulgaris Meat Fish Milk
9. Benin		Millet Sorghum	Vegetables Pulses Peanuts Meat Fish Vegetable oil
10. Bhutan		Rice Barley Wheat-flour	Milk Cheese-milk products Yoghurt Meat Vegetable oil Butter
11. Bolivia	<i>Andean Zone</i>	Maize flour Wheat-flour Potato	Pulses Meat Milk
	<i>Tropical Zone</i>	Cassava Plantain	Leafy Vegetables Meat Fish Vegetable oil

Acceptable Alternative		
Staple	Accompaniment	Remarks
Rice Wheat-flour	Milk powder	
Wheat-flour Wheat, Bulgur	Milk powder	Pork avoidances
Wheat-flour Sorghum Maize flour	Milk powder Peanuts	Pork avoidances
Dehydrated potato	Milk powder	
Wheat-flour Maize flour Cassava-larina	Milk powder	
Rice Wheat Maize		Pork avoidance
Maize flour	Milk powder	
Rice Dehydrated potato Barley	Milk powder	Fish not known as food in the Andean Zone.
Rice Dehydrated potato	Milk	

Country	Region	Major Food	
		Staple	Accompaniment
12. Botswana		Sorghum Maize flour	Cow peas/black-eyed beans Milk Meat Vegetable oil Butter
13. Brazil	<i>North and North East</i>	Cassava Plantain Maize flour	Pulses Phaseolus vulgaris Meat Pork
	<i>Central</i>	Cassava Maize flour	Pulses Phaseolus vulgaris Pork
	<i>East</i>	Rice Maize flour Cassava	Pulses Phaseolus vulgaris Pork
	<i>South</i>	Wheat-flour	Beef Milk
14. Burma		Rice	Vegetables Pulses Fish Meat Vegetable oil Soya oil
15. Burundi		Dry legumes Sweet potato Maize flour Cassava	Vegetables Meat Milk Palm oil Cottonseed oil
16. Cambodia		Rice	Soya bean Peanuts Vegetables Fish Soya oil coconut oil
17. Cameroon	<i>North (Sudan-Sahel)</i>	Millet Sorghum	Milk Cottonseed oil Peanut oil
	<i>Guinea Zone</i>	Cassava Maize flour	Vegetables Meat Fish Cottonseed oil Peanut oil

Acceptable Alternative		Remarks
Staple	Accompaniment	
Wheat-flour	Milk powder	
Rice Wheat-flour Dehydrated potato	Milk powder	Despite long coastline, fish is not consumed much. Vegetable oils and animal fats are known in nearly all regions.
Rice Wheat-flour Dehydrated potato	Milk powder	
Wheat-flour Dehydrated potato	Milk powder	
Rice	Milk powder	
Wheat-flour	Vegetable oil	
Rice Wheat-flour Dehydrated potato	Milk powder	Long record of famines. Cow milk is popular — regularly consumed by the cattle owners. Fish consumed near Lake and rivers. Often women do not eat meat. Introduction of yellow maize may create some difficulties.
Wheat-flour Maize flour	—	
Wheat-flour Rice	Milk powder	Pre-harvest food shortage is common. Introduction of yellow maize may give some difficulties.
Wheat-flour Rice	—	

Country	Region	Major Food	
		Staple	Accompaniment
18. Central African Empire	<i>Forest Zone (South)</i>	Cassava Plantain Banana	Leafy vegetables Peanuts Meat Fish Palm oil
		Cassava Maize flour	Vegetables Peanuts Meat Fish
19. Chad	<i>South (farming communities)</i>	Millet Sorghum Maize flour Rice	Vegetables Pulses Phaseolus vulgaris Cow peas Meat Fish Peanut oil
	<i>North (Mainly pastoralist)</i>	Millet Sorghum Meat Milk Cheese-milk products Butter	
20. Chile		Wheat-flour Potato	Pulses Meat Vegetable oil Milk Cheese-milk products Fish Sunflower seed oil Rapeseed oil
21. Colombia	<i>Coastal Zone</i>	Rice Plantain Maize flour	Meat Fish Phaseolus vulgaris
	<i>Andean Zone</i>	Maize flour Potato	Pulses Meat
	<i>Amazon Basin</i>	Plantain Cassava	Vegetables Leafy vegetables

Acceptable Alternative		Remarks
Staple	Accompaniment	
Wheat-flour Rice		
Rice Wheat-flour		
Wheat-flour		Pre-harvest food is common. Introduction of red sorghum may give some difficulties. Pastoralists do not can dish.
Rice	Milk powder	
Rice Maize flour Dehydrated potato	Vegetable oil Dry fish Chick pea	
Wheat-flour		Fish not often consumed in the Andean Zone. Vegetable oils and animal fats are known in all regions.
Wheat-flour Rice Dehydrated potato Cassava		
Wheat-flour Rice Dehydrated potato		

Country	Region	Major Food	
		Staple	Accompaniment
22. Congo		Cassava Plantain Yam Sweet potato Rice	Leafy vegetables Meat Fish Peanut oil
23. Costa Rica		Rice Maize flour Wheat-flour	Phaseolus vulgaris Meat Palm oil Cottonseed oil Butter
24. Cuba		Wheat-flour Rice	Pulse Phaseolus vulgaris Cow peas/black-eyed beans Fish Milk Meat Soya oil Sunflower seed oil Butter
25. Cyprus		Wheat-flour	Vegetables Meat Milk Fish Olive oil Butter
26. Dahomey	North (Sudan Zone)	Millet Sorghum	Vegetables Phaseolus vulgaris Cow peas/black-eyed beans Meat Fish Vegetable oil Butter
	South (Guinea Zone)	Maize flour Cassava Yam Cocoyam	Vegetables Phaseolus vulgaris Cow peas/black-eyed beans Meat Fish Palm oil

Acceptable Alternative		
Staple	Accompaniment	Remarks
Maize flour Wheat flour Dehydrated potato	—	
Wheat flour	Milk powder Pulses	
Maize flour	Milk powder	
Rice	Milk powder	
Rice Wheat flour Maize flour		
Rice Wheat flour	—	Introduction of yellow maize may give some difficulties. Consumption of different staples varies according to seasonal supply. In the North, pre-harvest food shortage is common.

Country	Region	Major Food	
		Staple	Accompaniment
27 Dominican Republic		Rice Plantain Cassava	Pulses Phaseolus vulgaris Pigeon pea Meat Milk Peanut oil Beef fat
28 Ecuador	<i>Coastal Zone</i>	Rice Plantain	Phaseolus vulgaris Cow peas/black-eyed beans Broad beans Fish
	<i>Andean Zone</i>	Potato Wheat-flour Barley Maize flour	Meat Milk
	<i>Humid Tropical Zone</i>	Cassava Plantain	Leafy vegetables Meat Fish
29 Egypt		Wheat-flour Maize flour Rice	Vegetables Broad beans Meat Fish Milk Cheese-milk products Cottonseed oil
30 El Salvador		Maize flour	Phaseolus vulgaris Meat Cottonseed oil Pork fat Peanuts Chick pea
31 Equatorial Guinea	<i>Rio Muni</i>	Cassava Plantain Yam	Leafy vegetables Pulses Fish Meat
	<i>Fernando Po</i>	Cassava Yam Rice	Leafy vegetables Fish Meat Nut oil

Acceptable Alternative		Remarks
Staple	Accompaniment	
Wheat-flour Maize flour	Milk powder Fish	Fish not popular as a food.
Wheat-flour	Milk powder	Fish not known as food in the Andean Zone. Vegetable oils and animal fats are consumed in most of the regions.
Dehydrated potato Rice Oats	Pulses	
Rice Dehydrated potato	—	
Wheat, Bulgur Sorghum	Milk powder	Pork avoidances. Fenugreek flour used.
Wheat-flour Rice Sorghum	—	
Rice Wheat-flour Dehydrated potato	—	
Wheat-flour		

Country	Region	Major Food	
		Staple	Accompaniment
32 Ethiopia	<i>Highlands</i>	Teff Sorghum Barley Maize flour Wheat-flour	Végetables Chick pea Broad beans Chicken Nut oil
	<i>South and South West</i>	Banana Teff Millet Sorghum	—
	<i>Desert (nomads)</i>	Milk Butter Corn Sorghum	—
33 Fiji	<i>Fijians</i>	Taro Yam Cassava	Leafy vegetables Coconut Pork Fish
	<i>Indians</i>	Rice Wheat-flour	Pulses Vegetables
34 Gabon		Cassava Plantain	Vegetables Meat Fish Palm oil
35 The Gambia		Rice Millet Sorghum Yam	Peanuts Meat Fish Palm oil
36 Ghana	<i>North (Guinea and Sudan Zone)</i>	Millet Sorghum Yam Maize flour	Vegetables Phaseolus vulgaris Cow peas/black-eyed beans Chick pea Meat Fish Vegetable oil
	<i>South (Forest Zone)</i>	Maize flour Yam Cassava Cocoyam	Vegetables Cow peas/black-eyed beans Peanuts Fish Meat Palm oil

Acceptable Alternative		Remarks
Staple	Accompaniment	
Rice		Consumption of fish near lakes, rivers or sea. Great regional variation in the diets. South and Southwest-ensete (false banana) is consumed.
Wheat-flour		
Wheat-flour		
Rice Wheat-flour Dehydrated potato		
Maize flour Millet Sorghum		
Rice Maize flour		
Wheat-flour Maize flour		
Maize flour Rice Wheat-flour		Introduction of yellow maize may give some difficulties. Consumption of staples varies according to seasonal supply. In the North, pre-harvest food shortages are common.
Maize flour Rice Wheat-flour		

Country	Region	Major Food	
		Staple	Accompaniment
37 Guatemala		Maize flour	Phaseolus vulgaris Pigeon pea Broad beans Cottonseed oil Meat Pork fat
38 Guinea		Rice Maize flour Cassava	Leafy vegetables Peanuts Meat Fish
39 Guyana		Rice Wheat-flour	Phaseolus vulgaris Cow peas/black-eyed beans Peanuts Fish Meat Milk Coconut oil
40 Haiti		Maize flour Millet Plantain Cassava	Phaseolus vulgaris Cow peas/black-eyed beans Meat Fish Vegetable oil
41 Honduras		Maize flour Sweet potato Cassava Plantain	Phaseolus vulgaris Meat Fish Vegetable oil
42 Hong Kong		Rice Wheat-Noodles	Mung beans Golden mung beans Vegetables Fish Pork Vegetable oil
43 India	North	Wheat-flour	Pulses Pigeon pea Chick pea Split peas, lentils Milk Yoghurt Vegetables Ghee Vegetable oil

Acceptable Alternative		
Staple	Accompaniment	Remarks
Rice Wheat-flour Oats	Pulses Milk powder	
Wheat-flour	—	Introduction of yellow maize may give difficulties. Pre-harvest food shortage occurs. Milk consumed in Middle Guinea.
Dehydrated potato	Milk powder	Food habits differ among various population groups.
Rice Wheat-flour Sorghum Dehydrated potato	Pulses Milk powder	
Wheat-flour Rice Sorghum Dehydrated potato	Pulses Milk powder	
Wheat-flour	Soya bean Split peas, lentils Dry fish	
Rice Millet	Peanuts Milk powder	Vegetarianism, but milk and milk products are appreciated as food. Beef may not be acceptable among meat eaters. Pork avoidance also.

Country	Region	Major Food	
		Staple	Accompaniment
44. Indonesia	<i>South</i>	Rice	Pigeon pea Split peas, lentils Milk Yoghurt Vegetable oil Ghee
		Rice Cassava Maize flour	Vegetables Soya bean Mung beans Golden mung beans Coconut oil Fish Meat
		Wheat-flour Rice	Chick peas Split peas lentils Meat Milk Cheese-milk products Yoghurt Vegetable oil
45. Iran		Wheat-flour Rice	Chick peas Split peas lentils Meat Milk Cheese-milk products Yoghurt Vegetable oil
46. Iraq		Wheat-flour Rice Barley	Split peas, lentils Broad beans Milk Meat Palm oil
47. Ivory Coast	<i>North</i> (Guinea Zone)	Yam Sorghum Maize flour	Vegetables Vegetable oil Pulses Peanuts Meat Fish
	<i>South</i> (Forest Zone)	Yam Cassava Cocoyam Maize flour Plantain	Vegetables Pulses Peanuts Meat Fish Palm oil Peanut oil
48. Jamaica		Wheat-flour Sweet potato Bread fruit Plantain	Chick pea Phaseolus vulgaris Coconut Meat Fish Coconut oil

Acceptable Alternative		
Staple	Accompaniment	Remarks
Sorghum Wheat-flour	Peanuts Milk powder	In West Irian, roots and tubers make up the main staple. Among non-Moslem population, pork is consumed.
Wheat-flour Sorghum	—	In West Irian roots and tubers make up the main staple. Among non-Moslem population pork is consumed.
Oats Barley Wheat, Bulgur	Milk powder Sesame oil	Seasonal changes in diet. Pork avoidances. Fish not familiar as food except on coast.
Sorghum Wheat, Bulgur	Milk powder	Pork avoidances. Dates, staple food in South.
Rice Wheat-flour		Introduction of yellow maize may give some difficulties. Food varies according to seasons. Pre-harvest food shortage known in North.
Maize flour Rice Wheat-flour Dehydrated potato		
Rice Maize flour	Milk Milk powder	

Country	Region	Major Food	
		Staple	Accompaniment
49. Jordan	<i>Settled Population</i>	Wheat-flour	Chick pea Split peas, lentils Vegetables Milk Cheese-milk products Olive oil
	<i>Nomads</i>	Milk Cheese-milk products Wheat-flour Millet	—
50. Kenya	<i>Settled population</i>	Maize flour Millet Sorghum Plantain	Leafy vege- tables Meat Pigeon pea Pulses Phaseolus vulgaris Vegetable oil Mutton fat Beef fat
	<i>Pastoralists</i>	Millet Blood Milk Meat	—
51. Korea		Rice Barley Sweet potato Wheat-flour Wheat-noodles	Vegetables Mung beans Golden mung beans Fish Meat Egg Vegetable oil
52. Kuwait		Wheat-flour Barley Rice	Fruits Mung beans Cheese-milk products Meat
53. Laos		Rice	Vegetables Fish Vegetable oil Mutton fat

Acceptable Alternative		Remarks
Staple	Accompaniment	
Wheat, Bulgur Rice Barley	Milk powder	Fish not known as food. Pork avoidances.
Milk powder	—	
Wheat-flour Cassava-farina	Milk powder	Fish consumed on the coast and on shores of lake.
Yam		
Millet Sorghum	Sesame seeds Dry fish	Kimchi, fermented cabbage, is popular.
Wheat-Bulgur Yam	—	Pork avoidances.
Maize flour Wheat-flour		

Country	Region	Major Food	
		Staple	Accompaniment
54. Lebanon		Wheat-flour	Vegetables Chick pea Cow peas/black-eyed beans Broad beans Milk Cheese-milk products Cottonseed oil Olive oil Beef fat
55. Lesotho		Maize flour Sorghum	Vegetables Phaseolus vulgaris Meat Milk Vegetable oil Beef fat Mutton fat
56. Liberia		Rice Cassava Maize flour	Phaseolus vulgaris Cow peas/black-eyed beans Leafy vegetables Peanuts Fish Palm oil
57. Libya	<i>Settled Population</i>	Wheat-flour Barley Dates	Chick peas Split peas, lentils Broad beans Meat Camel meat Olive oil
	<i>Pastoralists</i>	Dates Milk	—
58. Malagasy Republic		Rice Cassava Maize flour Yam Sweet potato	Leafy vegetables Meat Fish Peanut oil Mutton fat Beef fat
59. Malawi		Maize flour Cassava	Vegetables Cow peas/black-eyed beans Pigeon pea Peanut Fish Meat Peanut oil

Acceptable Alternative		Remarks
Staple	Accompaniment	
Rice	Milk powder	Pork avoidances for Moslems.
Wheat-flour Barley Oats Cassava-farina	Milk powder Peanuts Cow peas/black-eyed beans	Fish is not used as food.
Wheat-flour Dehydrated potato Cassava-farina	Dry fish	
Rice	Milk powder	Fish not used as food outside coastal regions. Pork avoidances.
Rice Wheat-flour Yam	—	
Wheat-flour Dehydrated potato	—	Consumption varies according to seasonal supply.
Rice Wheat-flour Dehydrated potato	Vegetable oil	Pre-harvest shortages known. Introduction of yellow maize may give some difficulties.

Country	Region	Major Food	
		Staple	Accompaniment
60 Malaysia		Rice	Vegetables Leafy vegetables Soya bean Pigeon pea Chick pea Chicken Fish Coconut oil Mutton fat
61 Mali	<i>Sharian Zone</i> (some pastoralists)	Milk Cheese-milk products Millet	
	<i>Sahelian Zone</i> (farming communities and pastoralists)	Millet Fonio — seeds of crab grass Rice	Leafy vegetables Peanuts Fish Meat
	<i>Sudanian Zone</i>	Millet Fonio—seeds of crab grass Maize flour Rice Cassava	Leafy vegetables Peanuts Fish Meat
62 Malta		Wheat-flour Wheat-pasta	Broad beans Split peas, lentils Chick peas Meat Fish Olive oil Beef fat
63 Mauritania	<i>Sahara and Sahel</i> (mainly pastoralists)	Millet Milk Dates	Meat Milk Butter
	<i>Southern Sahel</i> (Senegal Valley, farming communities)	Millet Sorghum Maize flour Sweet potato	Vegetables Pulses Fish Meat Peanut oil
64 Mauritius		Rice	Pigeon pea Chick pea Mung beans Phaseolus vulgaris Meat Milk Soya oil Mutton fat