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| 1. Record Nr. | UNINA9910743697903321 |
| Titolo | Changing Dietary Patterns, Indigenous Foods, and Wild Foods [[electronic resource]] : In Relation to Wealth, Mutual Relations, and Health in Tanzania // edited by Kumiko Sakamoto, Lilian Daniel Kaale, Reiko Ohmori, Tamahi Kato (Yamauchi) |
| Pubbl/distr/stampa | Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2023 |
| ISBN | 981-9933-70-6 |
| Edizione | [1st ed. 2023.] |
| Descrizione fisica | 1 online resource (353 pages) |
| Disciplina | 394.1209678 |
| Soggetti | Nutrition Economic development Ethnology - Africa Culture Food security Medical sciences Development Studies African Culture Food Security Health Sciences |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | Chapter 1. Introduction Changing Dietary Patterns, Indigenous Foods, and Wild Foods in Relation to Wealth, Mutual Relations, and Health in Tanzania -- Chapter 2. Environment, Dietary Patterns, and Combinations of Food Intake in Tanzania -- Chapter 3. Purchase, Cultivation, and Forage: Does it Make a Difference in Food Intake Frequency? -- Chapter 4. Does Staple Food Sufficiency Ensure Food Variety? A Comparative Analysis from Southern, Southeastern, and Central Tanzania -- Chapter 5. Changing Dietary Patterns and Associated Social Context Subjective Health Quality of Life, Wealth, and Mutual Relations in Tanzania -- Chapter 6. Social Capital and Subjective "Poverty" Contribute to People's Subjective Health, but Financial |

Support Does Not -- Chapter 7. Growth with Disparity in a Rich Diverse City: Case of the Economic Capital Dar es Salaam -- Chapter 8. High Maize Productive Rural Inland Areas: Ample Staple Food, but What about Health? -- Chapter 9. Coastal Traditional and Changing Dietary Patterns: Protein from Fish and Pulses as well as Patterns of Purchased Food -- Chapter 10. Does Intake of Wild Foods Improve Subjective Health? Evidence from 3 Areas of Tanzania -- Chapter 11. Case of Inland Forest Vicinities in Tanzania: General Low Health Evaluation but Higher for Those Who Access Variety of Wild foods? -- Chapter 12. Traditional Semi-arid Agro-pastoral Inland Food Patterns and Society: Frequent Food Deficits but Balanced BMI and Prevention of Anemia -- Chapter 13. Nutrition Potential of African Wild Leafy Vegetables: Evidence from Semi-arid Central Tanzania -- Chapter 14. Conclusions What is the Secret to Good Health, and How are Wealth and Mutual Assistance Related?.

Sommario/riassunto

This book presents different dietary patterns, some utilizing wild foods and others facing drastically changing dietary patterns, and shows their implications for health in terms of wealth, mutual assistance, food sufficiency and food diversity. The book examines these globally important issues through a case study of Tanzania. Using a novel methodology based on a global standard quality of life indicator, the book sheds light on the relationship between wild food intake and health in Tanzania. Descriptive case studies illustrate the impact of various food patterns and wild food intake on human health. It also highlights the divergence between food production sufficiency and food diversity. It then discusses the influence of wealth, mutual relations, and methods of food access. Finally, the book concludes with recommendations for maintaining good health in various environments. The intended readers of this book are academics and professionals in the fields of development, nutrition, and environment in East Africa. These include, but are not limited to, regional and district personnel who are actively engaged in development, relevant ministries of food and agriculture, and international organizations such as FAO, UNICEF, UNDP, and UNEP. In the academic field, students and researchers in international studies, development studies, African studies, social studies, cultural studies, nutrition, agriculture, and environmental studies are targeted. .
