

Cost of Recommended Diet (CoRD) and its Affordability in Bangladesh

Research team:

Saiful Islam, Abira Nowar, Md. Ruhul Amin, Nazma Shaheen

Abira Nowar
Institute of Nutrition and Food Science
University of Dhaka

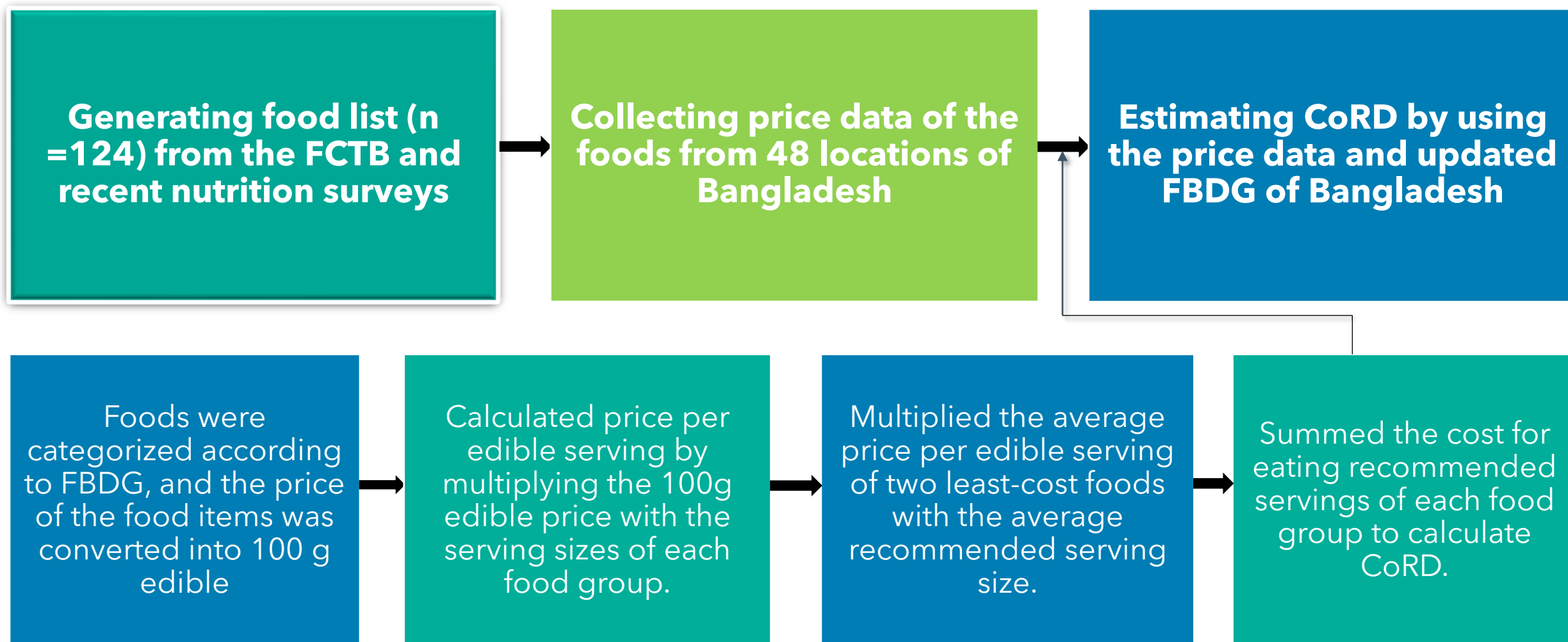


Rationale and Objectives

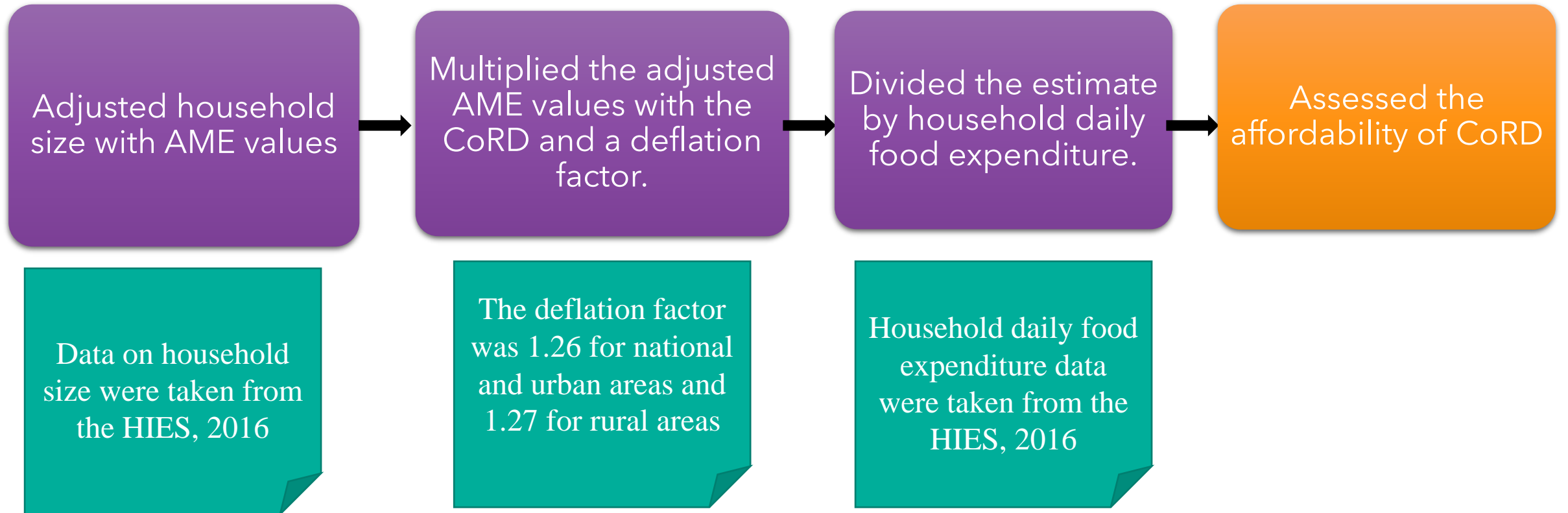
- The cost of diet has been increasingly recognized as a major determinant of overall diet quality and nutrition outcomes.
- The cost of recommended diets (CoRD) is an estimate of the basic minimum cost needed to meet a country's food-based dietary guidelines (FBDG).
- Dizon and Anna (2019) have estimated CoRD and its affordability in Bangladesh, but they used the decade-old FBDG of 2012 along with the food prices of a limited number of food items (n=82) collected back in 2014-15¹.
- This study aims to estimate the CoRD and its affordability using the latest FBDG of Bangladesh, 2020, and actual market prices of the food items collected through a market survey.

1. F. Dizon, A. Herforth, and Z. Wang, "The cost of a nutritious diet in Afghanistan, Bangladesh, Pakistan, and Sri Lanka," *Glob. Food Sec.*, vol. 21, no. July, pp. 38–51, 2019, doi: 10.1016/j.gfs.2019.07.003.

Methodology



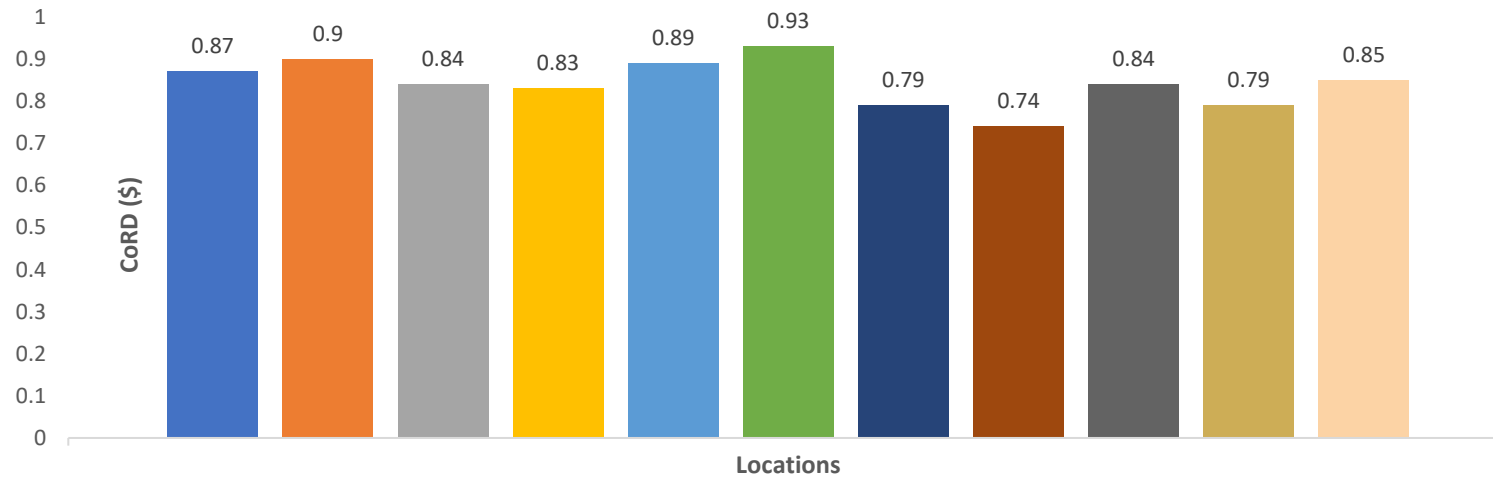
Methodology contd.



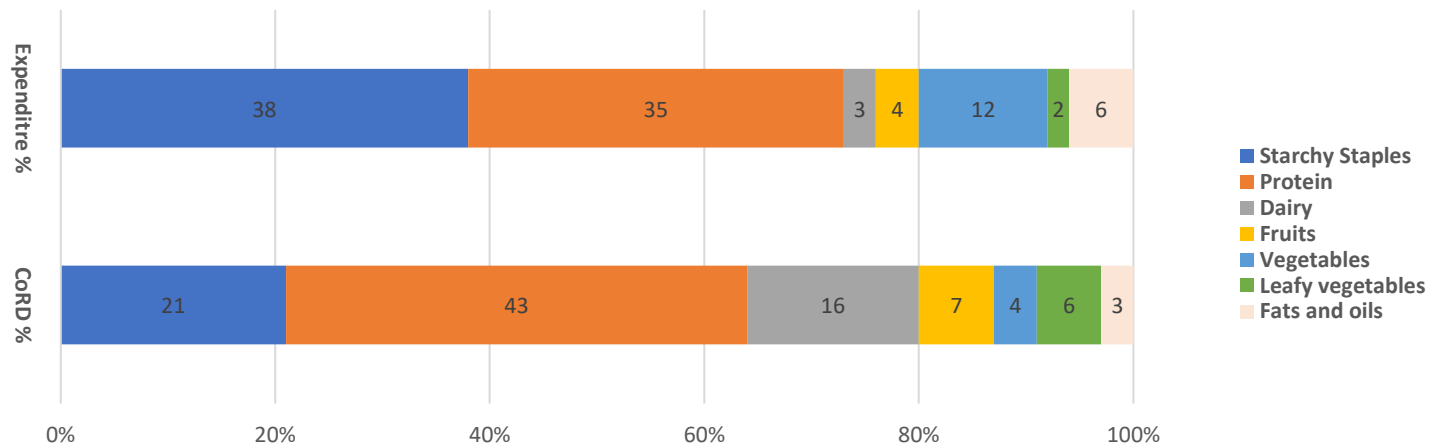
Results

■ National ■ Urban ■ Rural ■ Dhaka ■ Chattagram ■ Sylhet ■ Rajshahi ■ Barisal ■ Khulna ■ Rangpur ■ Mymensingh

CoRD across residents and administrative units

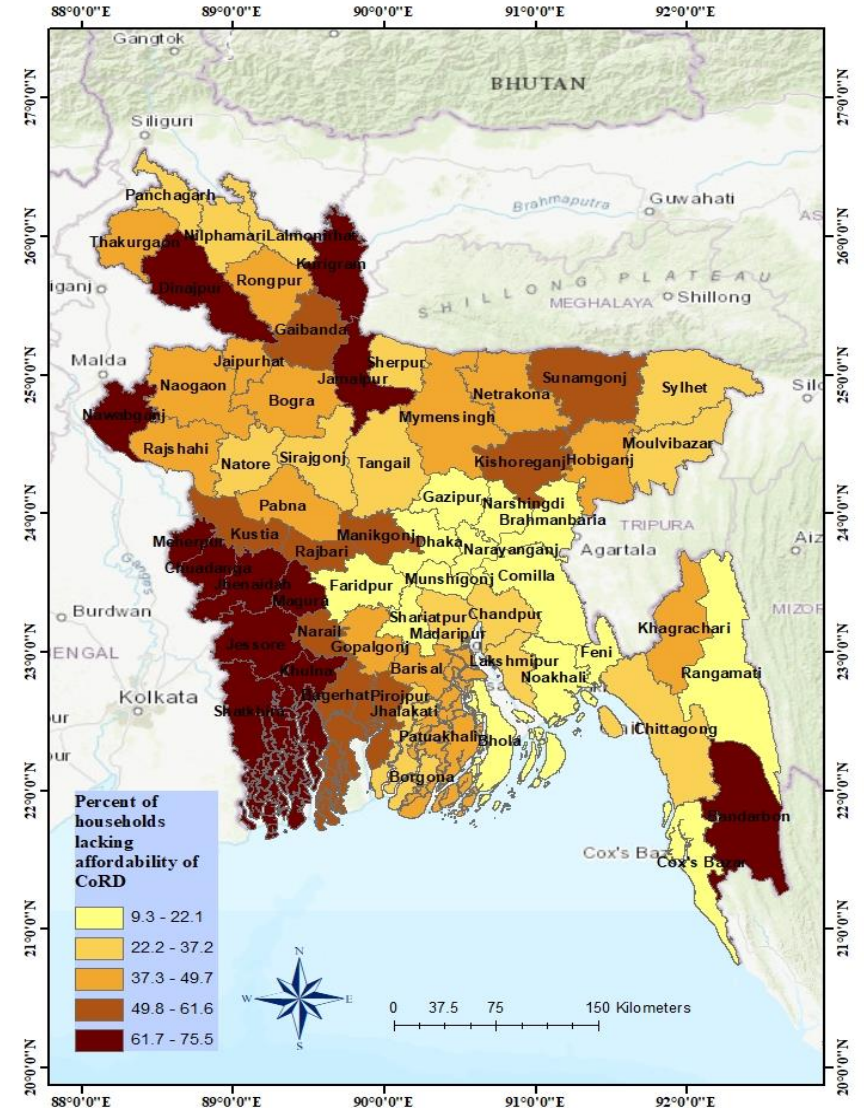
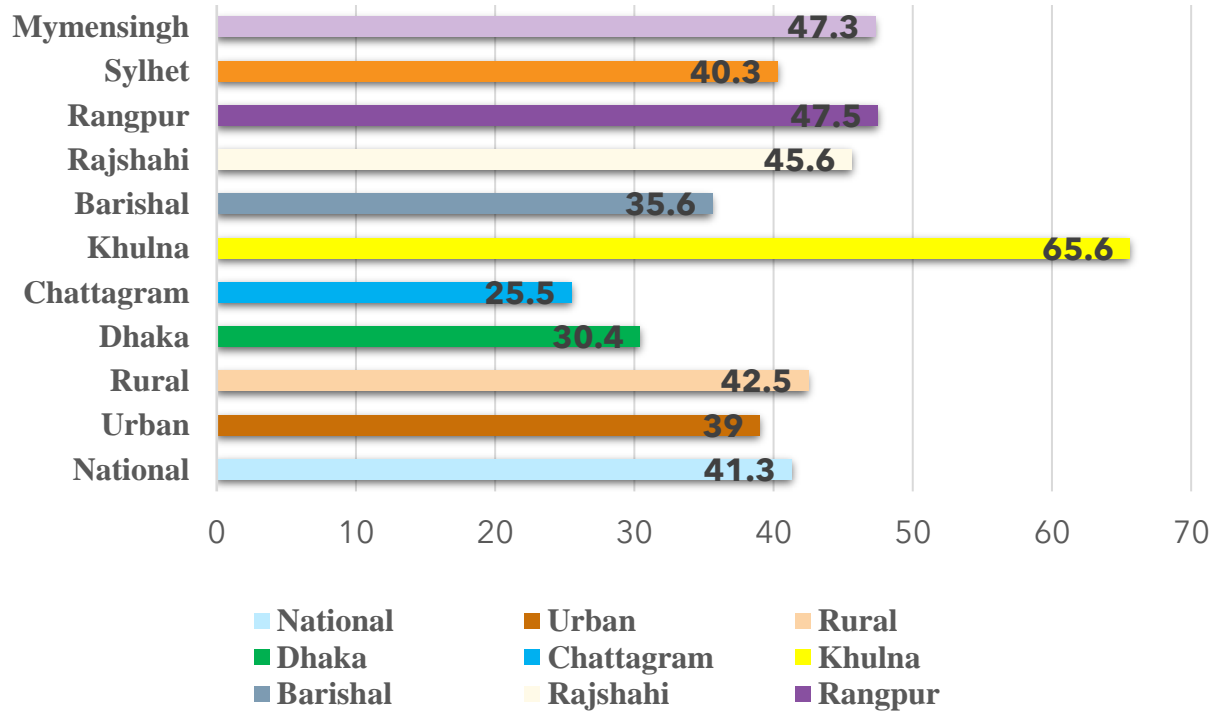


CoRD and household food expenditure



Results contd.

% of Households unable to afford CoRD



Policy Implications

- A robust **nutrition education program** through various channels should be undertaken to bring about changes from rice-based food habits to diversified food habits.
- Nutrition education and behavior change communication should be complemented with **social protection and food systems policies** (e.g., scaling up and intensifying home production of diverse foods through kitchen gardens and rooftop gardens).
- The government would need to **implement nutrition-sensitive agriculture policies** that support stable food prices.