



The United Republic of Tanzania

# FOOD SECURITY FACT SHEET FOR TANZANIA MAINLAND

BASED ON DATA FROM HOUSEHOLD BUDGET  
SURVEY 2017-18

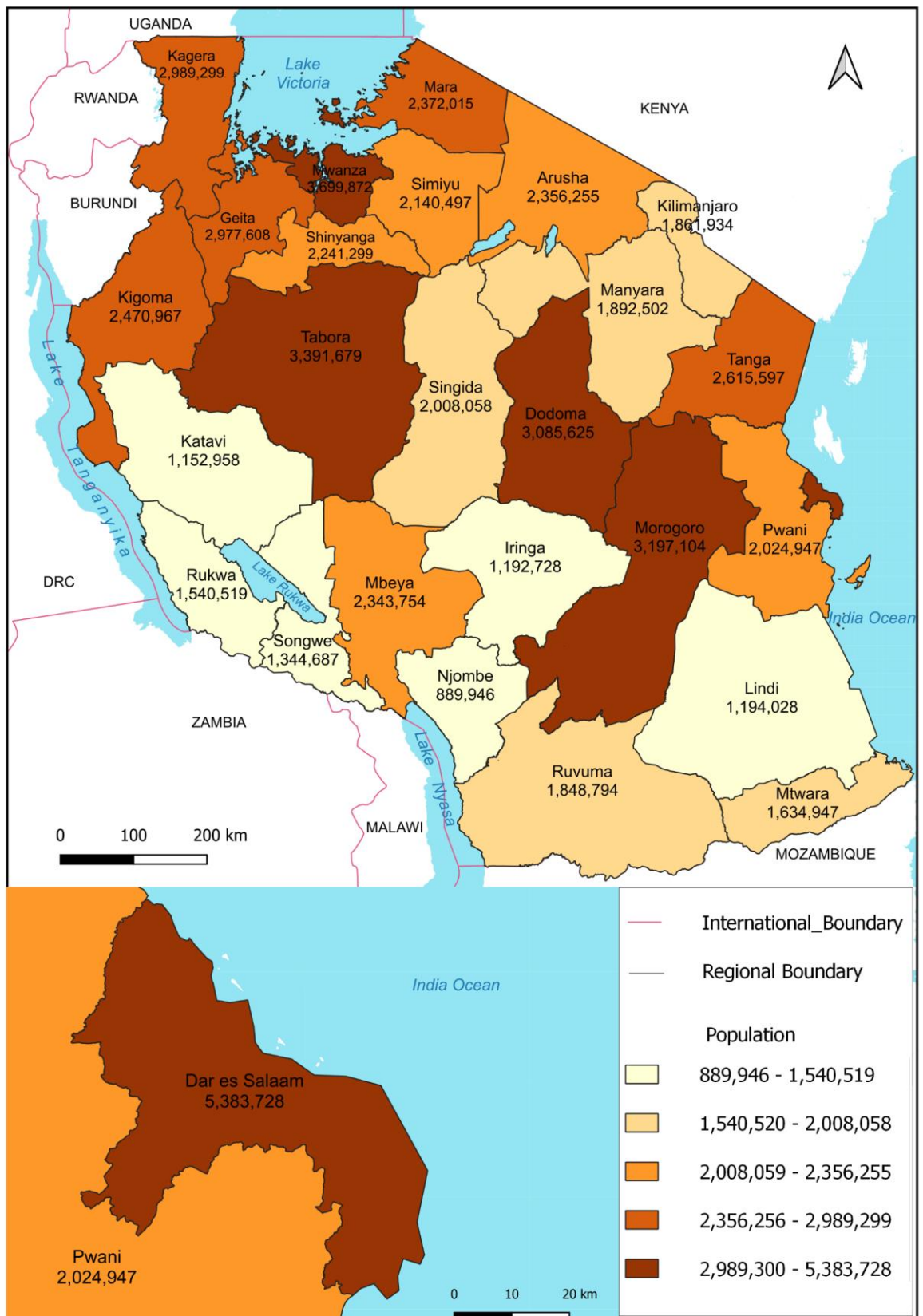
September 2024



Tanzania Food and Nutrition Centre

# Tanzania Mainland Highlights

## Population Distribution in Regions



Source: Tanzania Population and Housing Census (TPHC) 2022

# Tanzania Mainland Highlights



Total Population **59,851,347**

Urban **20,618,348**

Rural **39,232,999**



Average Household  
Size **4.3**



Male **29,137,638**

Urban **9,890,218**

Rural **19,247,420**



Female **30,713,709**

Urban **10,728,130**

Rural **19,985,579**



- Agriculture sector contribution to GDP is **26.5%**.
- **63.4%** of the households are engaged in agriculture.



- **26.4%** of the population are below the basic need poverty line while **8.0%** are below the food poverty line in Tanzania Mainland.



- The Self Sufficiency Ratio (SSR) for cereals and non-cereals in Tanzania Mainland for 2023/24 consumption year is **124%**.

# Tanzania Mainland Highlights

## Forms of Malnutrition Among Children Under Age Five



Wasting 3.3%

(Low weight for height)



Stunting 30.0%

(Low height for age)



Underweight 12.1%

(Low weight for age)

## Overweight/Obese Adults Aged 20-49

Men 17.0%



Women 36.0%

## Water and Sanitation



72.8% of households are obtaining their drinking water from improved water source.



74.4% of households use improved toilet facilities.

*Source: Demographic and Health Survey and Malaria Indicator Survey (DHS - MIS 2022)*

# Highlights of Analysis of Food Consumption in Tanzania

## Mainland based on HBS 2017-18

### Average Calories per Person per Day by Area

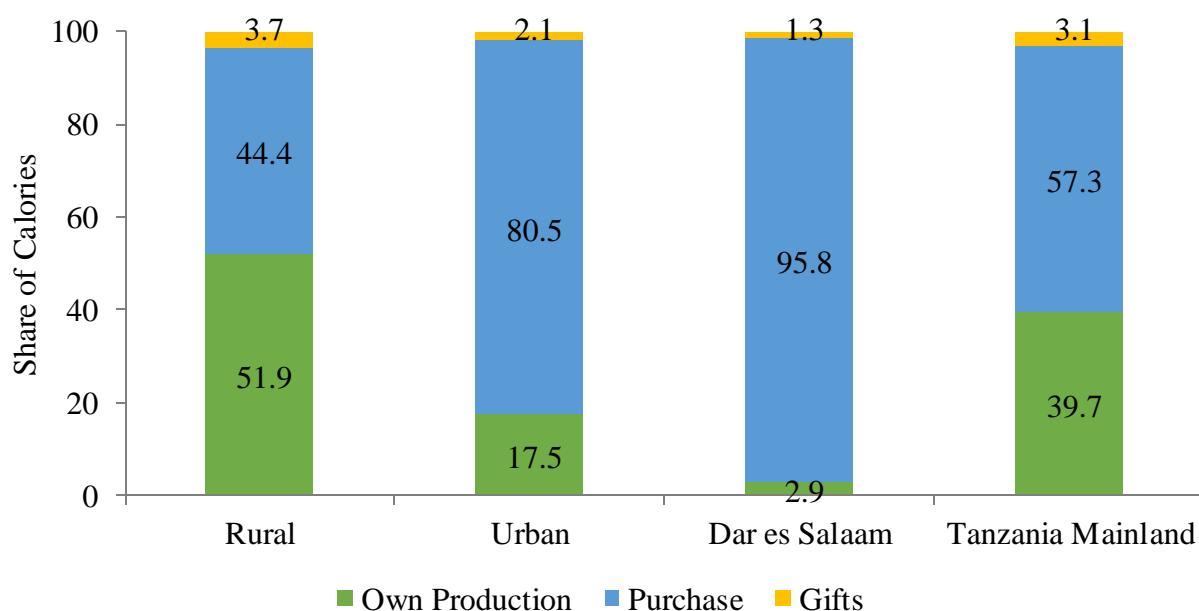
|  |              |
|--|--------------|
| Tanzania Mainland                                    | 2,046        |
| Rural  | 2,071        |
| Urban <sup>1</sup>                                   | 1,964        |
| Dar es Salaam  | 2,058        |
| <i>Recommended for Tanzania Mainland<sup>2</sup></i> | <i>2,300</i> |



### Average Calories per Person per Day for Poor and Non-poor Population

|  |              |
|--|--------------|
| Poor   | 2,046        |
| Non-poor   | 2,071        |
| <i>Recommended for Tanzania Mainland<sup>2</sup></i> | <i>2,300</i> |

### Share of Calories by Source of Acquisition and Area



<sup>1</sup> Urban refers to urban areas other than Dar es Salaam

<sup>2</sup> Tanzania Mainland Food-Based Dietary Guidelines for a Healthy Population

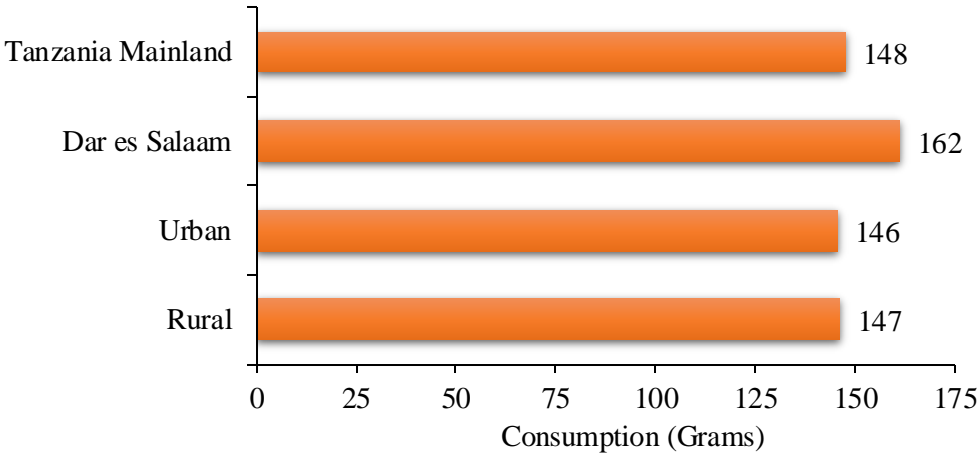
## Foods Acquired by At Least 30 Percent of Households in the Last Month by Area

| <b>Food</b>                     | <b>Rural</b> | <b>Urban</b> | <b>Dar es Salaam</b> |
|---------------------------------|--------------|--------------|----------------------|
| Mbeya rice                      | 19.3         | 36.8         | 62.4                 |
| Morogoro rice                   | 16.5         | 24.4         | 34.3                 |
| Sliced bread                    | 3.4          | 20.8         | 38.0                 |
| Wheat buns, scones              | 31.9         | 53.6         | 58.1                 |
| Chapati                         | 9.3          | 18.3         | 44.3                 |
| Maize Flour White - Loose       | 97.6         | 99.1         | 99.9                 |
| Beef - with bones               | 38.8         | 64.1         | 65.0                 |
| Fresh fish (Marine)             | 10.0         | 22.0         | 32.1                 |
| Dried fish                      | 31.6         | 35.8         | 16.1                 |
| Dried sardines                  | 63.4         | 64.7         | 52.6                 |
| Fresh dried fish                | 15.9         | 20.0         | 39.1                 |
| Sunflower oil or seeds          | 54.4         | 63.6         | 49.6                 |
| Bananas                         | 20.2         | 31.7         | 31.0                 |
| Coconut (unhusked)              | 9.6          | 19.5         | 48.5                 |
| Mchicha                         | 56.5         | 67.6         | 62.5                 |
| Potato leaves                   | 25.5         | 35.8         | 50.6                 |
| Pumpkin leaves                  | 40.9         | 31.6         | 14.6                 |
| Tomatoes                        | 85.5         | 93.9         | 86.4                 |
| Okra                            | 22.2         | 24.7         | 37.7                 |
| Capsicums                       | 7.0          | 26.4         | 45.9                 |
| Soya beans                      | 16.5         | 21.4         | 57.3                 |
| Beans, dry                      | 67.5         | 71.8         | 34.9                 |
| Round onions                    | 73.4         | 91.0         | 84.6                 |
| Carrots                         | 6.4          | 25.4         | 54.2                 |
| Potatoes (Irish)                | 16.8         | 35.8         | 32.1                 |
| Sweet potato                    | 35.6         | 35.9         | 14.7                 |
| Brown sugar                     | 48.2         | 72.1         | 70.3                 |
| Tea (tea leaves)                | 34.0         | 48.3         | 47.1                 |
| Food, restaurants               | 16.1         | 27.3         | 42.6                 |
| Food and drinks, street vendors | 13.7         | 18.5         | 46.8                 |
| Food, canteens                  | 15.2         | 24.7         | 41.7                 |
| Soft drinks, canteens           | 9.1          | 14.6         | 31.8                 |

*Note: Food items consumed by 30 percent in either rural, urban or Dar es Salaam are included in the list*

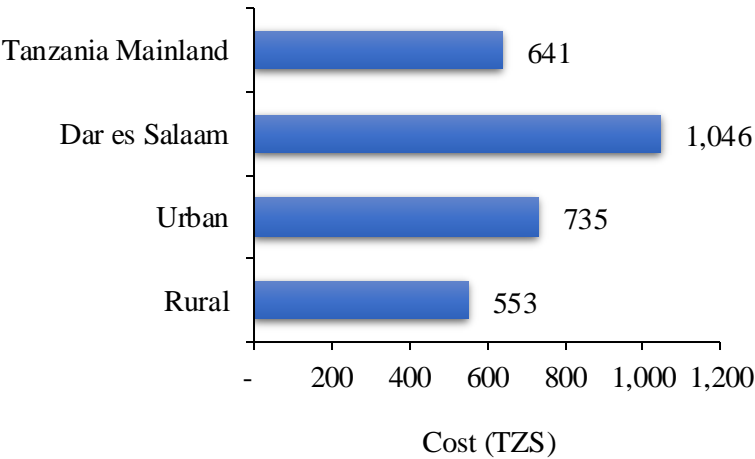


## Consumption of Fruits and Vegetables per Person per Day by Area

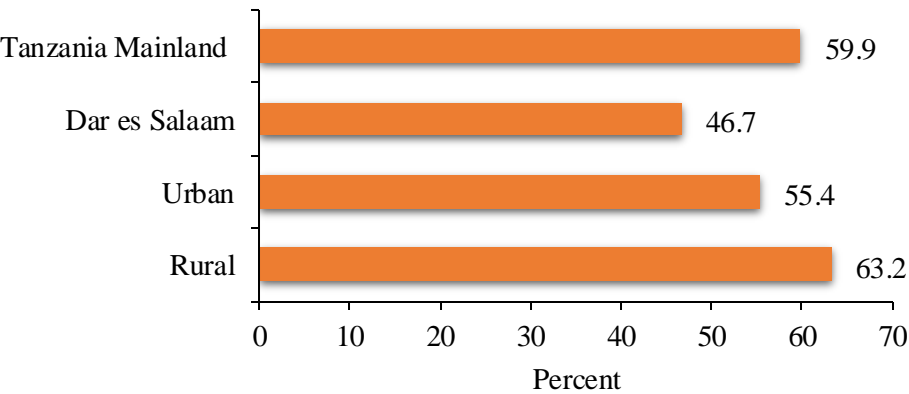


*The WHO recommends 400g of fruits and vegetables per person per day*

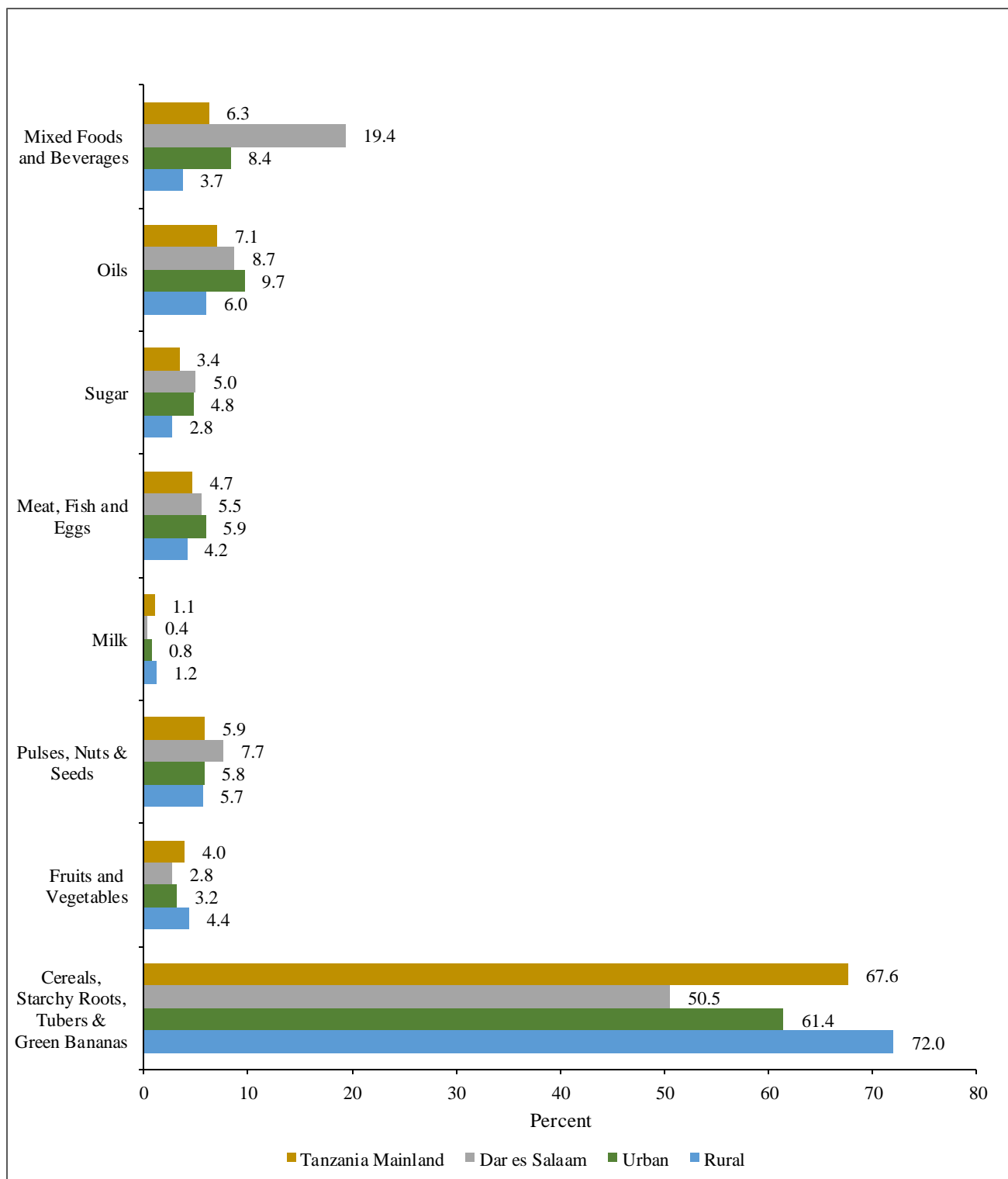
## Average Household Cost per 1,000 Calories by Area



## Share of Food in Total Expenditure by Area



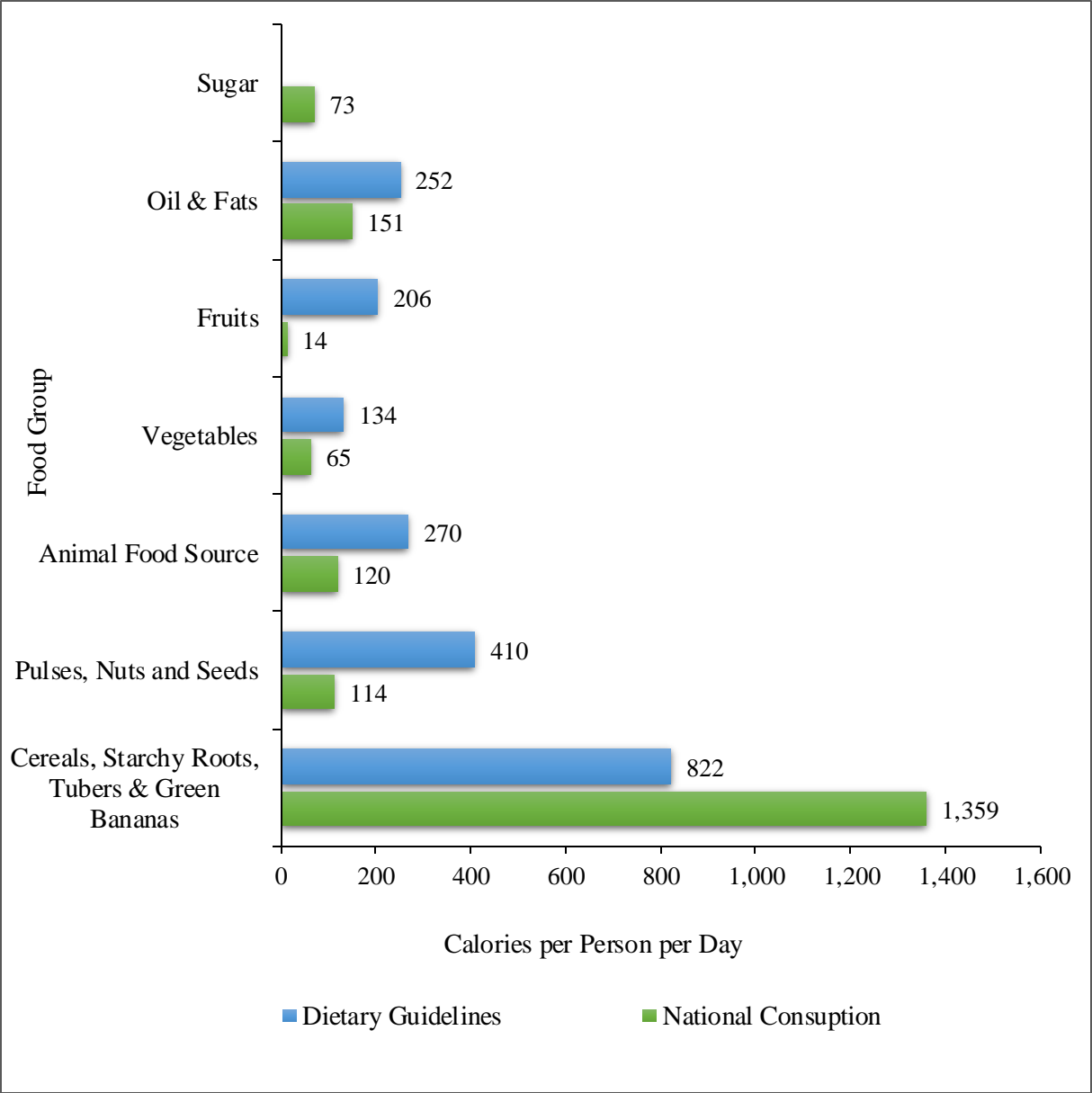
## Share of Calories by Food Groups by Area





# Comparison of Calories from Food Groups to Recommendations in Tanzania

## Mainland Food Based Dietary Guideline



**People in Tanzania Mainland consume:**

- More than recommended cereals, starchy roots, tubers and green bananas.
- Less than recommended oil and fats, fruits, vegetables, animal food source; and pulses, nuts and seeds.

*Note: The Tanzania Mainland Food-Based Dietary Guideline recommends limiting intake of sugar.*

## Balanced Diet



*31.4% of the population in Tanzania Mainland consumes a balanced diet.*

### Percentage of the Population with a Balanced Diet by Area

|               |      |
|---------------|------|
| Rural         | 22.7 |
| Urban         | 44.6 |
| Dar es Salaam | 62.6 |

### Percentage of the Population with a Balanced Diet by Poor and Non-poor Population

|          |      |
|----------|------|
| Poor     | 16.6 |
| Non poor | 36.8 |


### Share of Macronutrients in Diet by Poor and Non-poor Population

|                   | Fat  | Carbohydrates | Protein |
|-------------------|------|---------------|---------|
| Tanzania Mainland | 15.7 | 68.9          | 12.3    |
| Poor              | 11.8 | 72.7          | 12.1    |
| Non-poor          | 15.7 | 68.9          | 12.3    |

*According to WHO/FAO (2003), A balanced diet should consist of 10-15 % Protein, 15-30 % Fats and 55-75% Carbohydrates.*

The Tanzania Mainland Household Budget Survey HBS 2017/18 was implemented by the National Bureau of Statistics (NBS) in collaboration with the Poverty Eradication Division of the Ministry of Finance and Planning (MoFP). The funding for the HBS 2017/18 was provided by the Government of Tanzania and Development Partners including the World Bank, UN Women, Irish Embassy, Swedish Embassy, United Nations Children’s Fund (UNICEF) and Global Affairs Canada (GAC). Technical assistance was provided by the World Bank (WB), UN Women and United Nations Children’s Fund (UNICEF).

# TANZANIA MAINLAND




## FINAL REPORT

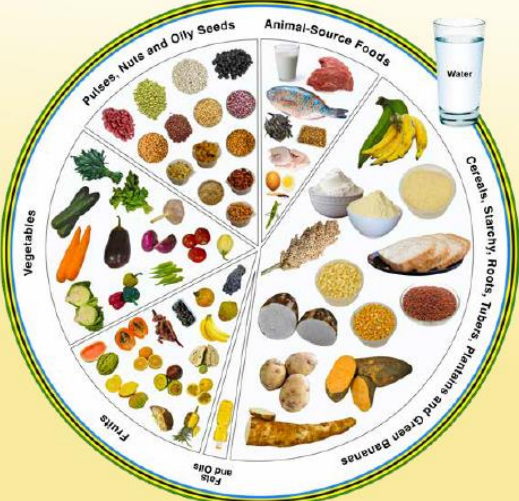
# HOUSEHOLD BUDGET SURVEY 2017/18

Dodoma, December 2020

UNITED REPUBLIC OF TANZANIA




MINISTRY OF HEALTH





## TANZANIA MAINLAND

### Food-Based Dietary Guidelines for a Healthy Population

Technical Recommendations



Tanzania Food Based Dietary Guideline (TFBDG) is the evidence-based guidelines on healthy eating habits and lifestyles aimed at providing a basis for public food and nutrition, health and agricultural policies, and nutrition education programmes. They provide advice on foods, food groups and dietary patterns to provide the nutrients necessary for health and the prevention of diet-related diseases. References: Ministry of Health of the United Republic of Tanzania. 2023. *Tanzania Mainland Food-Based Dietary Guidelines for a Healthy Population: Technical Recommendations*. Ministry of Health: Dodoma, Tanzania.



The analysis in this fact sheet was prepared in 2023/24 with technical support from COMESA and Statistics Norway under the project «Food Security Statistics» funded by The Norwegian Agency for Development Cooperation (Norad).