

Gender Dynamics in Nutrition

Household preferences for a staple and healthy diet in context to market access

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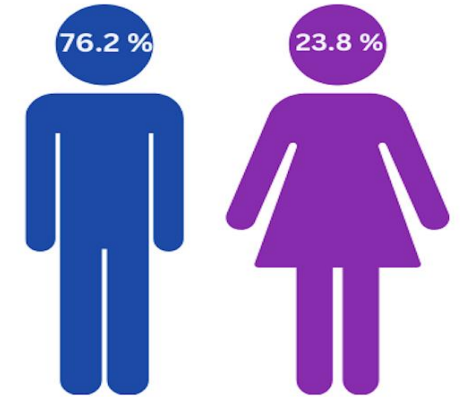
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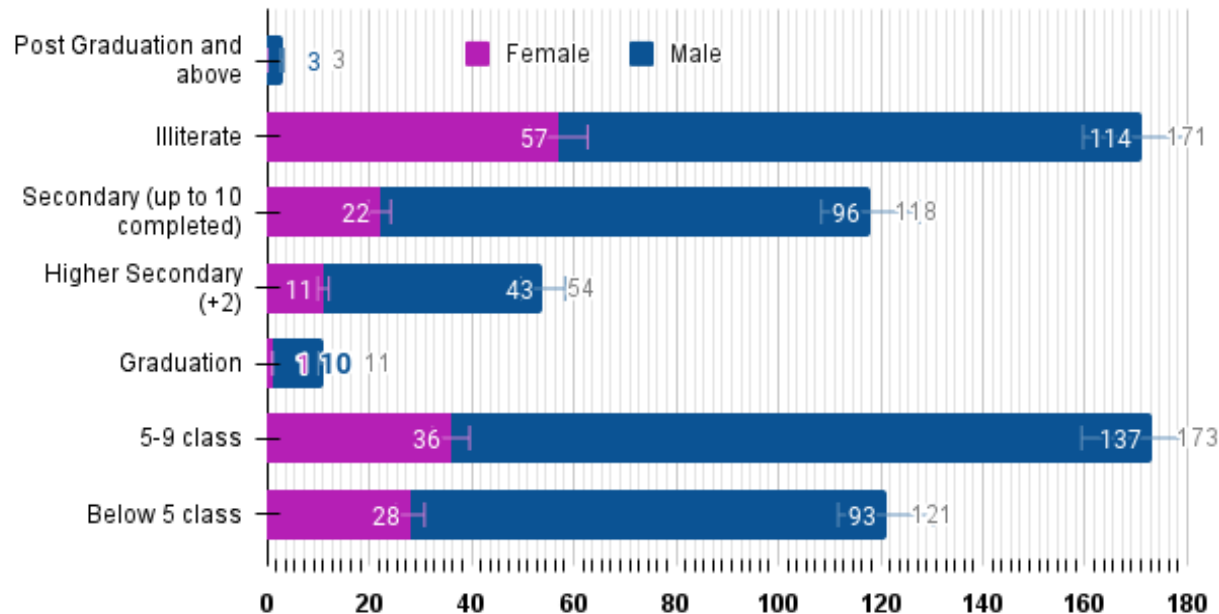
Key Findings from 812 Households from 9 districts of western part of Nepal

Food Distribution and education in Households

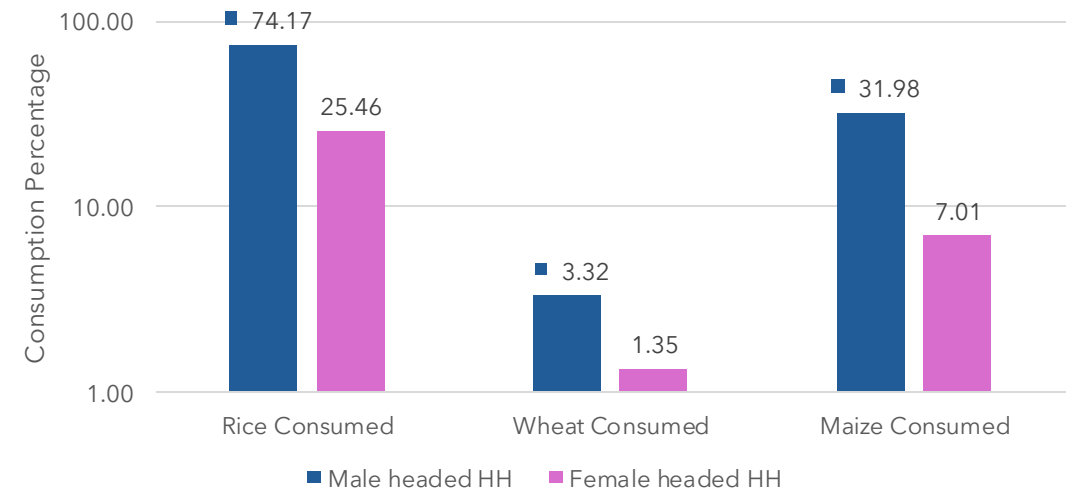
- Women-headed households preferred rice, while male-headed households favored maize and wheat.
- Specifically, 2.6% of households lacked rice, 64.1% lacked maize, and 57.7% lacked wheat. High male migration impacted income sources and food access.
- Male-headed households had higher education and illiteracy levels than female-headed ones.



Educational Level



Staple Food Consumption



Policy Recommendations

- Strengthen women’s access to education and income diversification and enhance agricultural resilience and sustainable practices.