

Resources for Nutrition Assessment and Planning (These all may be downloaded for free)

Nutrition Basics

Nutrition Essentials: A Guide for Health Managers. This guide focuses on the primary nutrition concerns of communities in developing countries. It was first published by the WHO in 1999 and reprinted by BASICS II in 2004. It is available at: http://www.basics.org/documents/pdf/NutritionEssentials_English.pdf

The new version of Where there is no Doctor by Hesperian Health Guides has a nice chapter on nutrition. Available at Herperian.org

Training of Trainers Module: Women's Nutrition throughout the Life Cycle and in the Context of HIV and AIDS published by USAID and AED in 2005, and Infant and Young Child Feeding Update developed by USAID in 2006. These as well as other useful guidelines related to maternal and child nutrition are available at: <http://motherchildnutrition.org/nutrition-protection-promotion/index.html>

Guiding principles for complementary feeding of the breastfed child. Pan American Health Organization, Washington DC: 2003. Available at http://www.who.int/maternal_child_adolescent/documents/a85622/en/index.html

Assessing nutritional status

The WHO Child Growth Standards: This web site provides a description of the standards and their development. Training materials and software for child growth monitoring are also provided. <http://www.who.int/childgrowth/en/>

WHO child growth standards and the identification of severe acute malnutrition in infants and children. This is a joint statement by the World Health Organization and the United Nations Children's Fund. 2009. It provides the standard definition for severe acute malnutrition. Available at <http://www.who.int/nutrition/publications/severemalnutrition/9789241598163/en/index.html>

A Manual: Measuring and Interpreting Malnutrition and Mortality. Developed by the Centers for Disease Control and Prevention (CDC) and World Food Programme and published in 2005. Available at: <http://www.unhcr.org/45f6abc92.html>

Nutrisurvey: This nutrient analysis software has food databases for many areas of the world. NutriSurvey is the English translation of a professional German nutrition software (EBISpro). It contains all useful functions which are typical for this kind of software (nutrient analysis and calculation of energy requirements, planning of diets, Diet History, Food Frequency, searching of nutrients in foods, handling of recipes). It also supports linear programming to determine combinations of locally available foods which will provide the best nutrient intake at the lowest cost. It is available at <http://www.nutrisurvey.de>

Supplemental Feeding

Technical note: Supplementary foods for the management of moderate acute malnutrition in infants and children 6-59 months of age: This WHO document summarizes the available evidence on supplemental feeding for moderately malnourished children and provides guides for developing supplements. Available at: http://www.who.int/nutrition/publications/moderate_malnutrition/9789241504423/en/index.html

See the ECHO technical notes on Moringa leaf powder and Moringa recipes at www.echocommunity.org