Abstract

Estimation of micronutrients intake in food consumption surveys has generally been ignored. Focusing on similar households, a household food consumption survey (n = 200) was carried out in November 2004 (period of less) and March 2005 (period of plenty) in rural KwaZulu Natal, South Africa. Diet diversity, energy, protein and micronutrient intakes were proxies of household food security. Principal Component Analysis was used to estimate household food adequacy and strength of the variables (nutrients) in determining household intake variation amongst the community. On average, variation in household intake was contributed by energy (62.8%), iron (20.2%), protein (11.8%), vitamin E (3.8%), vitamin A (1.0%), and dietary diversity (0.3%). Linking food intake to household variables can generate plausible variables for measuring household food security.