**Online supplementary material 1:** MEDLINE Search Strategy

1 Ghana OR Ghanaian OR Kenya OR Kenyan

2 exp Obesity/ or exp Overweight/

3 Nutritional status/ or diet/

4 exp Food/

5 Feeding Behavior/

6 Food Preferences/

7 exp Meals/ or exp Eating/

8 Energy Intake/

9 Food$[TI] OR Diet$[TI] OR Nutrition$[TI]

10 (Dietary behaviour$ or dietary intake or food group$ or food item$ or food habit$ or eating behaviour or feeding behaviour$ or food choice$ or food preference$ or energy intake or meal$ eating).

11 Dietary behavior OR eating behavior OR feeding behavior

12 Dietary pattern$ OR Eating Patterns OR Food patterns

13 Food consumption OR food intake

14 Dietary preferences OR Eating Preferences

15 Dietary practice$ OR Eating practice$ OR Food practice$ OR feeding practice$

16 nutrition surveys OR "nutritional requirements

17 2-16/or

18 1 AND 17

19 Limit to English/French

20 Limit to 1971 onwards

**Online supplementary material 2:** List of Institutional Repository searches

**Repositories in Ghana**: University of Development Studies; University of Cape Coast; KNUST; University of Ghana.

**Repositories in Kenya**: University of Nairobi; Kenyatta University; Jomo Kenyatta University of Agriculture and Technology; Maseno University; Rift Valley Technical Training Institute; Thika School of Medical and Health Sciences; Kabarak University; Pwani University; Egerton University.

**Repositories in the UK**: University of London; London School of Hygiene and Tropical Medicine; University College London; University of Cambridge; University of Oxford; Imperial College London; University of Edinburgh; University of Liverpool; University of Greenwich; Kings College London.

**Online supplementary material 3:** Quality assessment rating of included full text records

| **Study identifier** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **Final rating** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ghana** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Abbey 2004 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Agyeman-Nkansah et al. 2015 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Amugsi et al. 2016 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ansong 2009 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asiedu 2015 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Barichella et al. 2013 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Blay et al. 2000 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Frank et al. 2014 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Galbete et al. 2017 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hiamey et al. 2013 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jolly et al. 2008 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kerr-Rabbles 2015 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lokko et al. 2007 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Minicuci et al. 2014 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nti et al. 1999 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nti et al. 2002 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nti et al. 2012 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ofori-Koranteng 2013 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Okutu 2012 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Opare-Obisaw et al. 1998 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Opare-Obisaw et al. 2000 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pereko 2013 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quarshie 2014 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sowah 2013 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Takyi et al. 2004 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tayie 1995 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wu et al. 2015 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kenya** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bloomfield et al. 2013 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cornelsen et al. 2016 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dominguez-Salas et al. 2016 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ethangatta 1988 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kamau-Mbuthia & Elmadfa 2007 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kemunto 2013 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kimani-Murage et al. 2014 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mbochi 2010 (thesis) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mbochi 2012 (article) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mbotela 1999 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mukasa-Mwanthi 1990 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nkirigacha 2012 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mwangi & Foeken 1996 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Okoth 2013 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Onyango et al. 2009 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Van’t Riet et al. 2001 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Van’t Riet et al. 2002 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shell-Duncan et al. 2004 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Steyn et al. 2011 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Steyn et al. 2012 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Theuri 2006 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thuita 2013 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wathome 1990 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Watson et al. 1996 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Red= low quality, low risk of bias; Yellow= medium quality, medium risk of bias; Green = high quality, low risk of bias; Grey=Not Applicable

Quality assessment criteria for questions: 1=Question/objective sufficiently described? 2=Study design evident and appropriate? 3= Method of subject/comparison group selection or source of information/input variables described and appropriate? 4=Subject (and comparison group, if applicable) characteristics sufficiently described? 5=If interventional and random allocation was possible, was it described? 6= If interventional and blinding of investigators was possible, was it reported? 7=If interventional and blinding of subjects was possible, was it reported? 8= Outcome and (if applicable) exposure measure(s) well defined and robust to measurement bias? 9= Sample size appropriate? 10= Analytic methods described/justified and appropriate? 11= Some estimate of variance reported for the main results? 12 = Controlled for confounding? 13= Results reported in sufficient detail? 14= Conclusions supported by the results?

Criteria 3,8,10 and 13 were used in the final quality assessment whereby an overall quality assessment of ‘high’ was given if all four priority criteria were classified as ‘high/green’. If one or more of the four criteria was red or yellow, the item was disqualified from high quality classification. An overall quality assessment of ‘low’ was given if any of the four criteria were assessed as ‘low/red’. An overall quality assessment of ‘medium’ was given to all papers that had a combination of green and yellow (medium/high quality).

**Online supplementary material 4:** Method of grouping and coding food items consumed for meta-analysis

To achieve data consistency, a list of 182 food items categorised into 18 food groups was generated based on markers of the nutrition transition from the literature (1,3,4,27–29). The 18 food groups were then adapted to maximise the inclusion of data in the meta-analysis. If a single food item within a food group was presented, it was aggregated to the food group level, e.g. ‘milk’ was extracted under ‘dairy’. Where multiple food items from a single food group were reported, these were excluded to avoid double counting. The 18 food groups were: fish, eggs, poultry, red meat, processed meat, dairy products, fruit, vegetable, fruit and vegetable combined, dark green leafy vegetables, vitamin A rich fruit and other vegetables, legumes, vegetable fats (e.g. palm oil, vegetable oil, other oils), animal fats, alcohol, sugar-sweetened beverages, cakes and biscuits, chocolate and sweets. Vegetable foods excluded potato and starchy roots. Savoury/fried snacks were deemed to be important markers of the nutrition transition and thus were included in our pre-defined list of food groups. However, there were no data from included studies that we could extract for the meta-analysis.

Units of measurement for food intake had high heterogeneity (e.g. grams per day; mean servings per week and percentage of the sample consuming the food). We therefore selected the unit with the greatest commonality across the studies, i.e. the percentage of the sample consuming foods. Furthermore, there was also variation in the time period within which food groups were consumed. Therefore, data were coded as a binary value, i.e. ‘consumed’ or ‘not consumed’. Additionally, only food consumption data at the individual level (rather than at the household level) were pooled for analysis.

Food item consumption data were reported in 3 different ways; 17 studies reported as frequency of consumption per day or week (22,31,32,34,35,40,47,48,51,54,55,60–62,64,68); 14 studies reported the proportion of the sample who ate the food item/group over a pre-defined period of time (22,30,34,35,37,47,50,53,56,59,61,64,67,70) and 4 studies reported grams of food item/group consumed per day/week (44,49,52,68). Nine studies presented data at the food group level, with a wide diversity in the ways foods were grouped (30,31,47,48,61,62,67,70), 2 studies used food item level data (40,60) and 4 studies had both food item and food group level data (22,34,46,55).

**Online Supplementary material 5:** Summary of studies meeting the inclusion criteria of the review

| **Study no.** | **Study identifier** | **Publication type** | **Extracted sample size**  (n (full sample)) | **Age in years**  (range &/or mean (±SD)) | **Participant gender** | **Food items consumed (**n=30 records, n=28 studies**)** | **Dietary diversity & food variety** (n=9) | **Macronutrient intake**  (n=25 records, n=23 studies) | **Dietary patterns** (n=2) | **Dietary practices** (n=13) | **Dietary assessment method** | **Study quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ghana** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | Abbey 2004(43) | Masters' thesis | 300 school pupils (*n*=300) | 13-19 | Mixed |  |  |  |  |  | FFQ (unspecified reference duration) | Low |
| 2 | Agyeman-Nkansah 2015(44) | Masters' thesis | 45 non-vegetarians (90) | 33.9 (±10.6) | Mixed |  |  |  |  |  | 3-day 24-hour recall & FFQ (unspecified reference duration) | Low |
| 3 | Amugsi *et al.* 2016(27) | Article | 1000 households (2262 households) | 15-49, 30.10 (±7.02) | Female |  |  |  |  |  | Single 24-hour recall | Medium |
| 4 | Ansong 2009(45) | Masters' thesis | 141 (141) | 40.5 (±10.8) | Mixed |  |  |  |  |  | FFQ (seven days) | Low |
| 5 | Asiedu 2015(28) | Masters' thesis | 974 (974) | 15-45 | Mixed |  |  |  |  |  | FFQ (seven days) | Low |
| 6 | Barichella *et al.* 2013(46) | Article | 12 (67) | 61.1 (±7.8) | Mixed |  |  |  |  |  | Single 24-hour recall & FFQ (seven days) | Low |
| 7 | Blay *et al.* 2000(47) | Article | 283 (504) | 14-18 | Mixed |  |  |  |  |  | FFQ (unspecified reference duration) | Medium |
| 8 | Frank *et al.* 2014(48) | Article | 679 (1217) | 46.8 (±15.8) | Mixed |  |  |  |  |  | Single 24-hour recall & FFQ (12 months) | Medium |
| 9 | Galbete *et al*. 2017(49) | Article | 1367 (1619) | 45.4 (±11.5) | Mixed |  |  |  |  |  | FFQ\* (12 months) | High |
| 10 | Hiamey *et al.* 2013(50) | Article | 220 street food consumer (220) | <35-55+ | Mixed |  |  |  |  |  | FFQ (seven days) & Food purchasing questionnaire (seven days) | Medium |
| 11 | Jolly *et al.* 2008(51) | Article | 1984 groundnut industry stakeholders (1984) | 20-55+ | Mixed |  |  |  |  |  | FFQ (unspecified reference duration) | Medium |
| 12 | Kerr-Rabbles 2015(52) | Masters' thesis | 255 (255) | 50+ | Mixed |  |  |  |  |  | Single 24-hour recall & FFQ (24 hours and seven days) | Medium |
| 13 | Lokko *et al.* 2007(69) | Article | 19 (19) | 28 (±7) | Mixed |  |  |  |  |  | Three-day 24-hour recall | Medium |
| 14 | Minicuci *et al.* 2014(70) | Article | 1918 (4724) | 50+ | Mixed |  |  |  |  |  | Single 24-hour recall | High |
| 14 | Wu *et al*. 2015(53) | Article | 1769 (4305) | 50-80+ | Mixed |  |  |  |  |  | FFQ (seven days) | High |
| 15 | Nti *et al.* 1999(35) | Article | 40 mothers (40) | 21-45 | Female |  |  |  |  |  | Single 24-hour recall | Low |
| 16 | Nti *et al.* 2002(36) | Article | 51 fish processors (51) | 46 | Female |  |  |  |  |  | Repeated (unspecified no. of times) 24-hour recall & FFQ (seven days) | Medium |
| 17 | Nti *et al.* 2012(54) | Article | 313 school pupils (313) | 14-18 | Mixed |  |  |  |  |  | FFQ (unspecified reference duration) | Low |
| 18 | Ofori-Koranteng 2013(55) | Masters' thesis | 50 (100) | 25-70 | Mixed |  |  |  |  |  | Single 24-hour recall & FFQ (unspecified reference duration) | Low |
| 19 | Okutu 2012(29) | Masters' thesis | 452 households (452) | 15-59 | Mixed |  |  |  |  |  | FFQ (seven days) | Medium |
| 20 | Opare-Obisaw *et al.* 1998(66) | Article | 245 (245) university students | 19-53, 27 | Mixed |  |  |  |  |  | Food purchasing questionnaire (unspecified reference duration) | Medium |
| 21 | Opare-Obisaw *et al.* 2000(37) | Article | 50 homemakers who migrated to Accra in last 6 months (50) | 20-55 | Female |  |  |  |  |  | FFQ (unspecified reference duration) | Low |
| 22 | Pereko 2013(71) | Article | 252 (252) | 20-50, 31.7 (±1.0) | Mixed |  |  |  |  |  | Three-day 24-hour recall | Medium |
| 23 | Quarshie 2014(38) | Masters' thesis | 260 mothers (260) | 23.58 (±6.9) | Female |  |  |  |  |  | FFQ (daily, seven day, monthly) | Medium |
| 24 | Sowah 2013(56) | Masters' thesis | 560 (560) | 15-59, 31 | Mixed |  |  |  |  |  | FFQ (daily) | Medium |
| 25 | Takyi *et al.* 2004(57) | Article | 150 undergraduate students (150) | 19-38 | Mixed |  |  |  |  |  | Two-day 24-hour recall & FFQ (unspecified reference duration) | Medium |
| 26 | Tayie 1995(39) | Masters' thesis | 128 (128) | 20-35, 27.5 | Female |  |  |  |  |  | Three-day 24-hour recall | Low |
| **Kenya** |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 | Bloomfield *et al.* 2013(58) | Article | 4037 (4092) | 26-50 | Mixed |  |  |  |  |  | FFQ (seven days) | High |
| 28 | Cornelsen *et al.* 2016(41) | Article | 205 households (205) | N/A | Mixed |  |  |  |  |  | Food purchasing questionnaire (seven days) & FFQ (unspecified reference duration) | Medium |
| 28 | Dominguez-Salas *et al.* 2016(40) | Article | 205 women from Dagoretti and Korogocho (205) | Dagoretti 26.7 (±6.3), Korogocho 25.6 (±5.9) | Female |  |  |  |  |  | Four-day 24-hour recall | High |
| 29 | Ethangatta 1988(59) | Masters' thesis | 284 (284) | 55-98 | Mixed |  |  |  |  |  | Single 24-hour recall & FFQ (seven days) | Medium |
| 30 | Kamau -Mbuthia & Elmadfa 2007(42) | Article | 716 pregnant women in Nakuru (716) | 63% were <25 | Female |  |  |  |  |  | Single 24-hour recall | Medium |
| 31 | Kemunto 2013(67) | Masters' thesis | 142 pregnant women (142) | 19-44 | Female |  |  |  |  |  | Single 24-hour recall (repeated for 10% of sample) & dietary diversity questionnaire | Medium |
| 32 | Kimani-Murage *et al.* 2014(30) | Article | 3210 Nairobi households (3210) | >15 | Mixed |  |  |  |  |  | FFQ (unspecified reference duration) | High |
| 33 | Mbochi 2010(75) | Masters' thesis | 333 (333) | 25-44 | Female |  |  |  |  |  | Single 24-hour recall & FFQ (seven days) | Medium |
| 33 | Mbochi *et al.* 2012(22) | Article | 365 (365) | 25-44 | Female |  |  |  |  |  | Single 24-hour recall & FFQ (seven days) | High |
| 34 | Mbotela 1999(60) | Masters' thesis | 204 mothers (204) | 30 | Female |  |  |  |  |  | FFQ (unspecified reference duration) | Medium |
| 35 | Mukasa-Mwanthi 1990(68) | Masters' thesis | 152 (767) | <1-69 | Female |  |  |  |  |  | Single 24-hour recall for household, seven day food purchasing questionnaire | Low |
| 36 | Nkirigacha 2012(31) | Masters' thesis | 260 households (260) | 0-70 | Mixed |  |  |  |  |  | Single 24-hour recall & FFQ (unspecified reference duration) | Medium |
| 37 | Mwangi & Foeken 1996(73) | Article | 177 (177) | NR | Mixed |  |  |  |  |  | Seven-day food diary | Medium |
| 38 | Okoth 2013(61) | Masters' thesis | 387 public school pupils | 15-19 | Mixed |  |  |  |  |  | Single 24-hour recall & FFQ (seven days) | High |
| 39 | Onyango *et al.* 2009(32) | Article | 77 non-HIV affected households (160 households) | 17-40+ | Mixed |  |  |  |  |  | Single 24-hour recall & FFQ (unspecified reference duration) | Medium |
| 40 | Van’t Riet *et al.* 2001(62) | Article | 1011 households (1011 households) | 32.8 (±9.6) | Mixed |  |  |  |  |  | FFQ (seven days) | High |
| 41 | Van’t Riet *et al.* 2002(72) | Article | 495 (495) | female x̅ 34.2-37.5 male x̅ 28.7-32.1 | Mixed |  |  |  |  |  | Three-day 24-hour recall | High |
| 42 | Shell-Duncan *et al*. 2004(33) | Article | 133 (133) | 15-75 | Female |  |  |  |  |  | FFQ (one-month period) | High |
| 43 | Steyn *et al.* 2011(23) | Article | 715 (1006) | Not specified | Female |  |  |  |  |  | Single 24-hour recall (repeated for 10% of sample) | Medium |
| 43 | Steyn *et al*. 2012(74) | Article | 716 (1008) | 25.6 ±0.26 | Female |  |  |  |  |  | Single 24-hour recall | High |
| 44 | Theuri 2006(63) | PhD thesis | 66 (66) | 30-57, 39.87 (±6.9) | Mixed |  |  |  |  |  | Single 24-hour recall & FFQ (unspecified reference duration) | High |
| 45 | Thuita 2013(64) | Article | 787 (787) | Not specified | Mixed |  |  |  |  |  | 24-hour recall, FFQ (7 days) & household food expenditure record | Low |
| 46 | Wathome 1990(65) | Masters' thesis | 311 households (311 households) | Not specified | Female |  |  |  |  |  | FFQ (seven days) | Medium |
| 47 | Watson *et al*. 1996(34) | Article | 244 (244) | 52% were <25 | Female |  |  |  |  |  | Food Practices Questionnaire | Low |

FFQ, food frequency questionnaire

Study quality was calculated based on the quality rating for 4 out of 14 individual criteria from the quality assessment tool (20) that were of most relevance to the included studies.Further details of methods to assign overall quality are provided in the online supplementary material.

**Online Supplementary material 6:** Number of included studies reporting energy and macronutrient intakes according to year of publication by country

**Online supplementary material 7:** Summary of studies reporting dietary practices

| Study identifier | Meal patterns and snacking behaviour | Eating out of home: fast food/street food/meal consumption | Food provisioning |
| --- | --- | --- | --- |
| Ghana |  |  |  |
| Ansong 2009(45) | Majority of respondents (90.7%) had 2-3 meals on a weekday. 91.5% of respondents had 2-3 meals during weekends. 59% of respondents (33% males, 26% females) ate breakfast almost every day in last 7 days. While 10% of male respondents had skipped breakfast during the same period, only 2% of female respondents had skipped breakfast.  83.7% had snack at least once in last 7 days. Out of which, 53.2% snacked on pastries and beverages with added sugar, 19% snacked on nuts and roasted corn/plantain and 11.5% snacked on fruits. | 55% of respondents had purchased or eaten fast food in the previous 7 days, 16.4% had purchased or eaten fast food 3-6 times per week over the same period. | \_ |
| Barichella *et al.* 2013(46) | Mean number meals/day=2.6 | \_ | \_ |
| Frank *et al.* 2014(48) | 25% of the control group consumed 2 meals/day and 73% of the control group consumed 3 meals/day | \_ | \_ |
| Hiamey *et al.* 2013(50) | \_ | Frequency of eating street foods ranged from 1-21 times/week (mean=6.7, SD=4.8). Males ate street foods about 8 times/week vs females 6 times/week. | \_ |
| Ofori-Koranteng 2013(55) | 52% of non-vegetarians ate 2 meals/day, while 44% of non-vegetarians ate 3 meals/ day. 21 non-vegetarians ate fruits daily | \_ | \_ |
| Opare-Obisaw *et al.* 1998(66) | 81% usually consumed 3 meals/day, 14% consumed 2 meals/day, and <5% consumed >3 meals/day.  Snacks were mainly baked, fried, roasted products and also fruits. | 86% purchased food from vendors. 47% of those who purchased from vendors did so every day. Foods were purchased for breakfast, lunch, supper and snacks | \_ |
| Opare-Obisaw *et al.* 2000(37) | 82% of households had 3 meals/day, 18% had 2 meals/day.  28% of female homemakers bought snacks from vendors. | 30% purchased breakfast from vendors, 34% lunch and 20% dinner | \_ |
| Kenya |  |  |  |
| Kimani-Murage *et al.* 2014(30) | \_ | 13% purchased cooked food from street. | 87% of households purchased raw foods from the market. |
| Mbochi 2010(75) | \_ | 64.6% of respondents ate ≥1/day outside the home, with women in the 2 lower SES groups eating significantly fewer meals away from home compared to the 2 upper SES groups. | \_ |
| Mwangi & Foeken 1996(73) | \_ | \_ | In farmers (purchased food: 67%; own urban production: 25%), in non-farmers (purchased food: 82%), in farmers in development programme (purchased food:68%; own urban production: 16%). |
| Mukasa-Mwanthi 1990(68) | \_ | \_ | Purchasing was the most popular method of food procurement. |
| Nti *et al.* 2012(54) | 87.9% ate ≥3 meals/day; 1.6% ate once/day, 10.5% ate twice/day. Of meals skipped: 41.8% skipped breakfast, 16% skipped lunch, 1.9% skipped dinner. | \_ | \_ |
| Van’t Riet *et al.* 2001(62) | \_ | 22% of household members consumed street foods daily. Where an adult woman with a primarily domestic role was present, street food consumption was less than when not present (2.55 vs 2.95 days/week, p<0.05).  In Korogochi and Dandora, street foods were mainly eaten for breakfast and as snacks, while lunch and dinner were usually home-prepared. | \_ |