

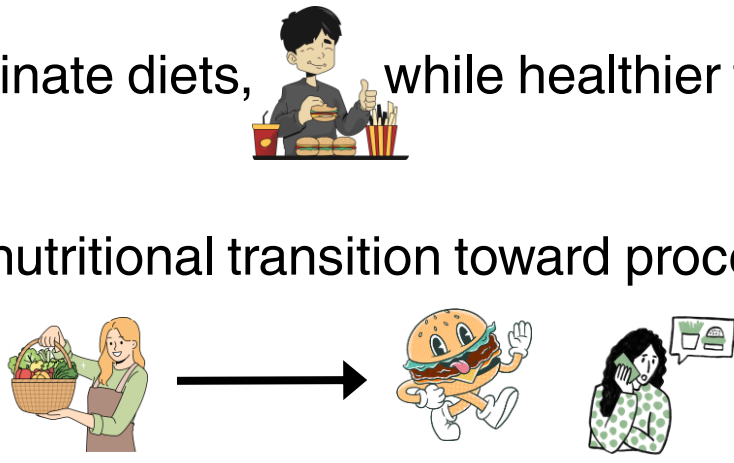


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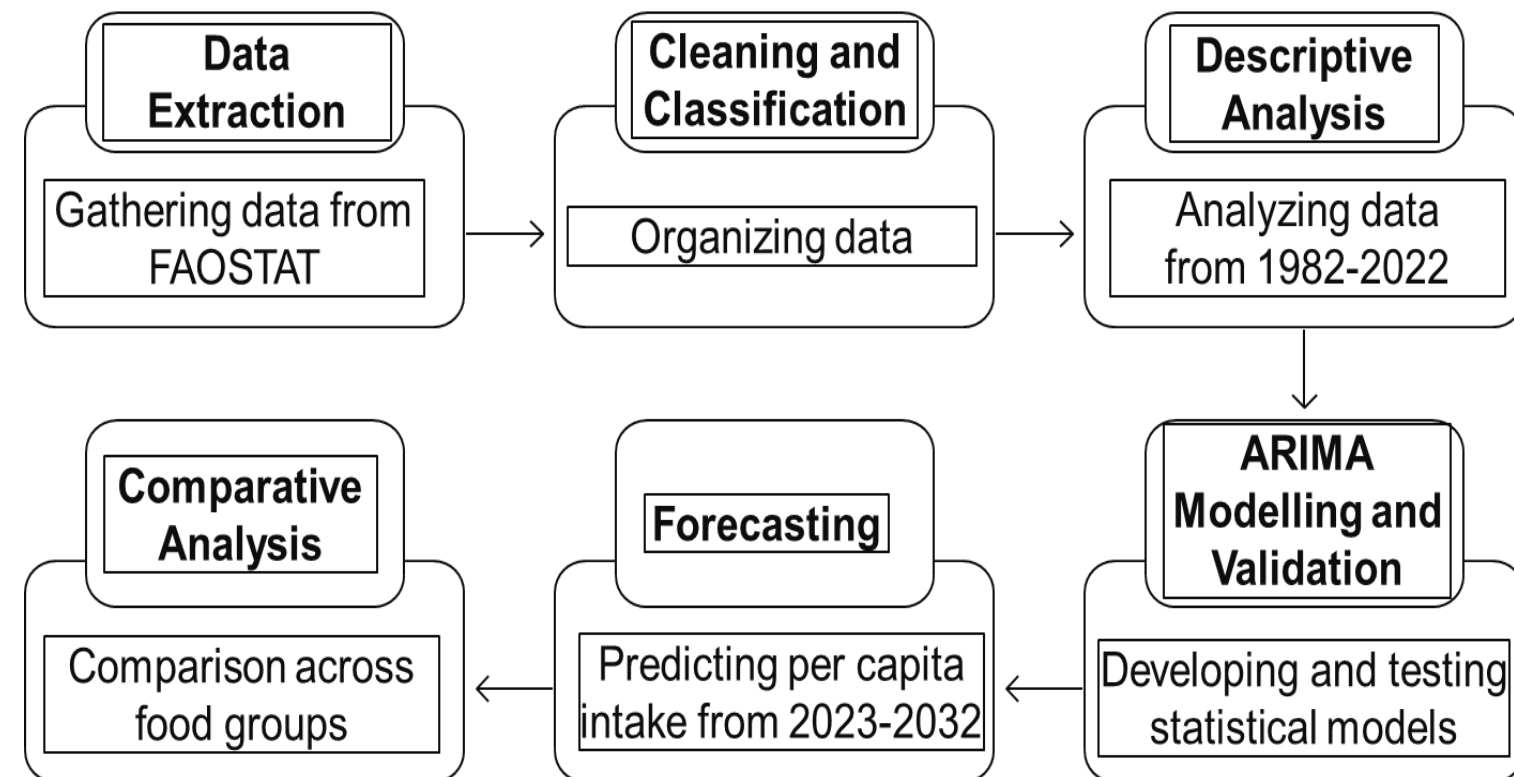
INTRODUCTION

- South Africa struggles with food insecurity and the triple burden of malnutrition.
- Unhealthy foods dominate diets, while healthier foods are under-consumed.
- These shifts reflect a nutritional transition toward processed and animal-based foods.
- Understanding past and future trends is vital to guide policies for healthier and more sustainable diets.



Objective: To forecast South Africa's future food availability and identify emerging trends in the national food supply.

METHODOLOGY



RESULTS

Food Available for Consumption for the Next 10 Years (2022 to 2032) in South Africa

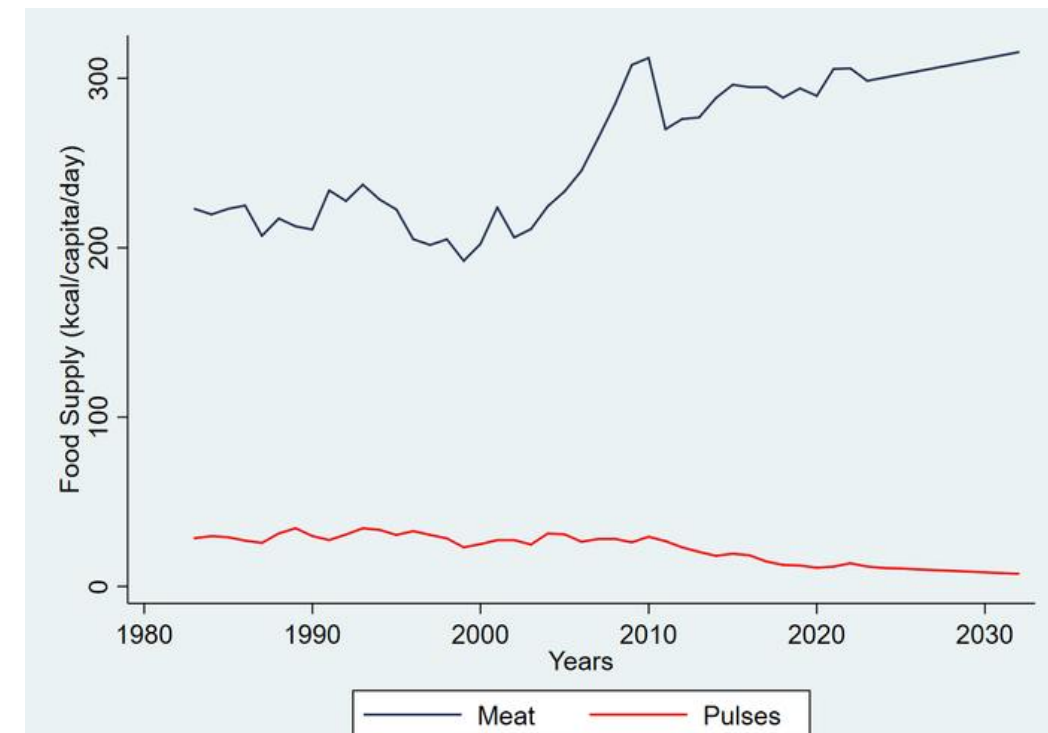
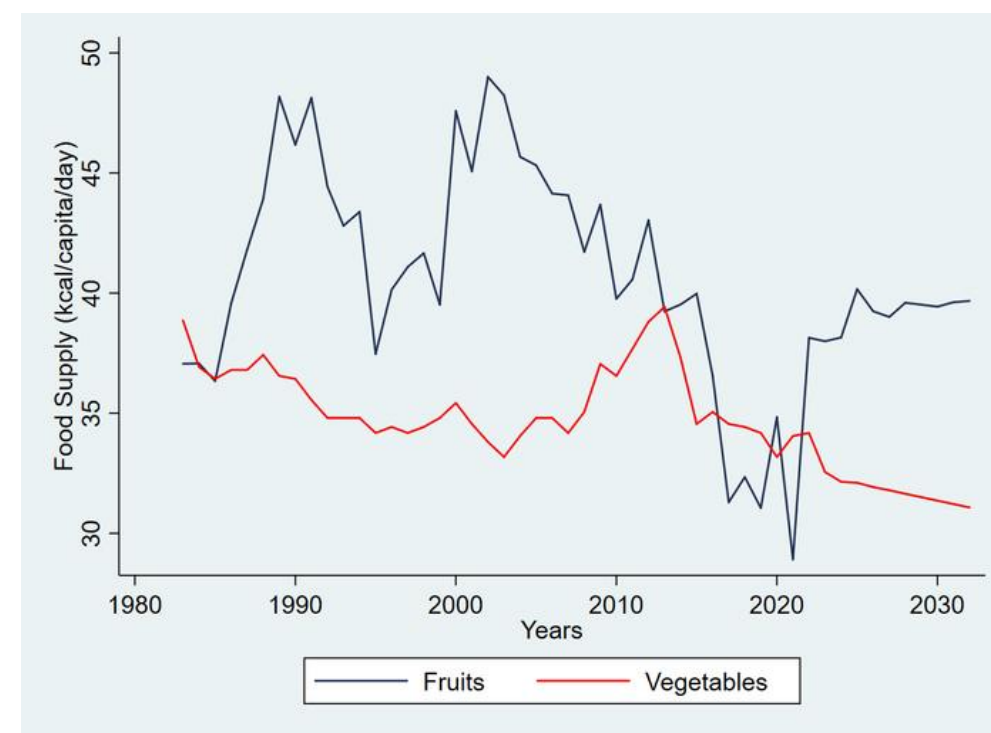


Figure 1: General Food Available for Consumption.

Figure 2: Availability of Fruits and Vegetables

Figure 3: Availability of Meat and Pulses

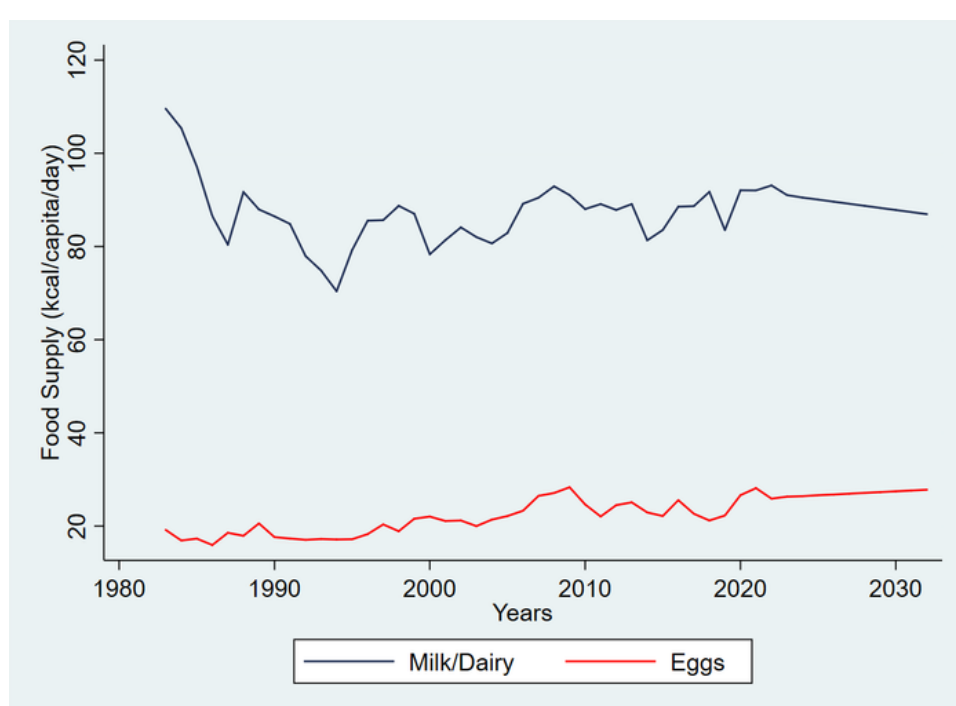


Figure 4: Availability of Milk and Eggs

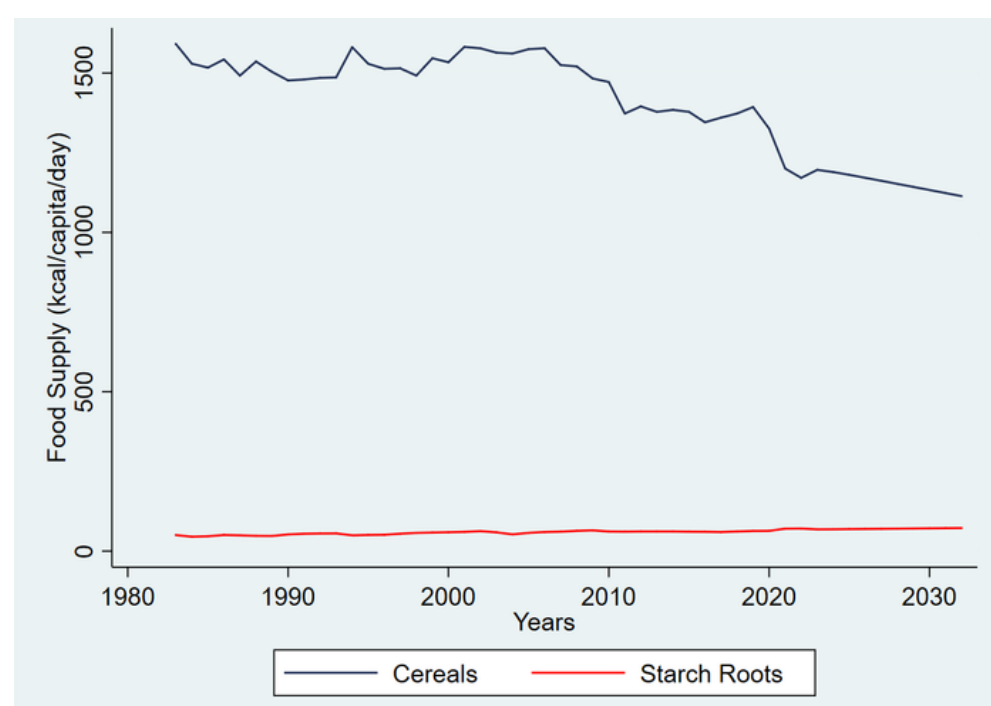


Figure 5: Availability of Cereals and Starch Roots

Assuming Other Factors Remain Constant

- General food availability is projected to decline, driven by climate change, trade, population growth, food loss, and limited farmland.
- Cereals and meat remain dominant in the diet, supported by fast-food expansion and demand for starchy, meat-based foods.
- Fruits, vegetables, and pulses show decline, highlighting persistent nutrient gaps linked to preferences, spoilage, trade, and climate change

Recommendations

- Promote dietary diversity by improving access and affordability of fruits, vegetables, and pulses.
- Support sustainable food systems that address climate change, land use, and food loss.
- Strengthen trade and storage policies to minimize spoilage and ensure a stable supply of nutritious foods.