Food Consumption Behavior in Uganda: A Censored Regression Analysis Using Micro-data

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Rising incomes have lowered poverty rates and influenced food consumption patterns in Uganda. However, other factors, including prices, household demographics, changes in lifestyles, and urbanization, shape consumption. In Uganda, the current rate of food price inflation, at 7.1% in a single month in 2007, is important. Our study evaluates Ugandans' consumption of 14 food groups, focusing on staple foods and using the LA/AIDS framework. We found that urban families consumed more matooke, sugar, other cereals, oils, fruits and vegetables, fish, dairy products, other foods, and pulses than their counterparts in the rural areas. Households located in border districts were more likely purchase maize, matooke, and meat than those in non-border areas. As supplies of matooke decline at an alarming rate, this research suggests that urban households and those in border districts are vulnerable.

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