



What Ogun Govt. is doing to ensure food security Page 2
—Agric Commissioner

'Why Nigeria needs stability in prices of food'

By Balogun Kehinde

Depletion of household incomes has impoverished millions of indigent Nigerians, hence, the government should ensure supplies of food and improved standards of living for Nigerians.

The Chief Executive Officer (CEO) of Titan Farms, Mr Gbenga Eyiolawi, stressed these during the launch of Titan Farms City, an affiliate of Titan Farms in Ibadan, the Oyo State capital.

"This is one of the reasons we launched Titan Farm Estate because prices of food items are

very high. Don't be surprised, if, tomorrow, prices come down and the following day, they go high.

"The instability is seriously affecting a lot of families outside there based on the projections they made and on

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Tackling hunger amid food loss and waste: A concern in Nigeria



By Olowu Ganiyu

Undoubtedly, the demand for more food consumption is the case globally, mainly due to the increasing population year on year. One of the extreme challenges that Africa faces, particularly Nigeria, is that of feeding its growing population amidst other perennial issues.

Consequently, this makes

hunger, under nutrition and food insecurity prevalent across the continent despite government agriculture and food business sector supports. Without mincing words, food insecurity might worsen if the population continues to grow and a corresponding reaction to arrest the situation is not in sight.

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Ogun to create 14,000 new jobs through cotton production Page 11

Ogun Assembly passes bill regulating animal grazing



By Balogun Kehinde

In its bid to address incessant clashes between herders and farmers in Ogun State, which often lead to loss of lives and property, the State House of Assembly has passed the Animal Grazing Regulation and Cattle Ranch Establishment Law, 2020 into law. Part of a section of the bill prescribed a jail term of not less than three years without the option of fine including the forfeiture of the herds of cattle or livestock under his/her control to the State Government for anyone who rear, herd or graze any livestock in any part of the State except within the permitted ranches or anyone who rears cattle or livestock outside the permitted ranches after the commencement of the law. The passage of the bill titled "HB No. 045/OG/2021- A Law to Regulate Animal Grazing, Establishment of Cattles Ranches in Designated Grazing Areas of Ogun State and for other Matters incidental thereto and connected therewith," followed the presentation of the report of the House Committee on Agriculture by the Sponsor, Ganiyu Oyedeji at a plenary presided over by the

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Don't tamper with food security, Buhari warns bandits Page 10

FG reiterates commitment to food security Page 12

What Ogun Govt. is doing to ensure food security —Agric Commissioner



The Ogun State Commissioner for Agriculture, Dr. Adeola Odedina, in this interview with ADESOLA OLUWARANTI, reveals the efforts of the state government under the leadership of Governor Dapo Abiodun, to make agriculture business attractive to young people, government strategy to move agriculture forward even after COVID-19 pandemic, and other issues. Excerpts:

Can you tell us some of your achievements in the last two years as the commissioner for agriculture in Ogun State?

When Governor Dapo Abiodun came in two years ago, he made that conscious and intentional decision to improve the economy through agriculture, to provide jobs through agriculture and to also put the State on the path of industrialisation through agriculture. The Governor is interested in food security. He is interested in jobs creation, he is interested in nutrition security and that is why he made that decision to partner with the private sector and to partner with all agencies in the world responsible for supporting agriculture. Till date, we have close to, or there are about 20,000 people in the State that

have benefitted from one intervention or the other facilitated by the Governor. Is it from the Central Bank of Nigeria (CBN)? is it from the Federal government? is it from the International Funds for Agric Development? So, the Ogun State indigene youths that have benefitted from CBN alone, they are more than 10,000 in the area of provision of credit which we call loan input markets and training and when some of these young people are filling their forms for CBN intervention, CBN will ask them 'do you have land?' they will say 'no land', so the Governor cleared close to 2,500 hectares of land to support their prediction of land. And also in the last one year, the Ministry of Agriculture has embarked on a project called planting material palliative for small holder farmers. The programme then projected 40,000 small holder farmers, they are supported with free maize and cassava planting materials as palliatives for COVID-19 induced food crisis. Small holder farmers also received fertiliser.

What other agric value chain have the state explored?

The Ogun State Broiler project was very successful and because of that, the Governor

approved that we extend it to all the Local Government Areas. In the area of investments promotion, we now have farmers and manufacturers operating in that farm institute. We also have other investors operating in other farming institutes. I am sure you have spoken to the project manager of Ogun State Agricultural Development and Projects (OGADEP), because the Governor approved funds to train every individual going through one agricultural intervention or the other so that they will be able to contribute to food security and pay back their loan. So, Ogun State is now agric destination of choice. We are also aware that recently, President Muhammadu Buhari approved that a new agency, National Agricultural Land Development Authority approved that they commence their pilot in Ogun State for three star project. We are also aware that we are doing Ogun State economic transformation project. African Development Bank recently called for beat from all the 36 States of the Federation for its special agro and presently Ogun State is in the race and from all indications and from the pro-activeness of the Governor, we are going to be named a special agric processing zone because the Governor already established an Agro Cargo airport and by the fact that we are the State who is still the largest number of industries, so Ogun State is the number one position in cassava production in this country and Mr. Governor is funding adequately Ogun State Cassava Revolution project and that is happening for the first time in 10 years. So Mr. Governor has been supporting the State extension service with kits, transportation claims for the first time in so many years, so that farmers, especially

small holder farmers can have access to knowledge and information that will make them improve their yield.

How far has the state gone in the CBN anchor borrowers' scheme?

There are plans also this year to expand the Anchor Borrowers' Programme because we are the largest producer of rice in Nigeria. CBN now name us as a new State reference in cocoa, oil palm and aqua culture, so the crop that our youths in Ogun State planted in year May is now mature and in some weeks to come you will see industries getting enough cassava, people getting enough garri and fufu to eat in the market and that is an indication that is agriculture that works with results in Ogun State.

In the next years by God's grace, we would have raised enough young people that are doing well in agriculture and are contributing their quotas to food security and industrial linkage and we will also be on top of our game in Nigeria, maintain our position as the largest producer of broilers, we also have the highest hub of industries in Ogun State, but more importantly, we would have recorded large number of people who are gainfully and sustainably employed through agriculture because of the goal of the sector is to provide jobs for people and then we would have been a State to be reckoned with where agriculture works where people will come from other parts of the country to understudy us, to ask for our case study on how we were able to succeed in this intervention. I wish to seize this opportunity to congratulate our team leader, our amiable Governor, the Governor of the year in agriculture for the second year of assumption of duty and I also want to congratulate Mr. Governor on his own anniversary as a champion, as a leader, I wish him a happy celebration and many happy returns.

Farmers advised to adopt smart-climate techniques

By Ogunsina Adebola

As part of efforts to mitigate the effect of climate change in food production, farmers have been advised to incorporate climate-smart agricultural practices for better yield in their farm produce.

Climate-smart techniques are new innovations and techniques that insulate agricultural produce from the devastating effects of changes in weather conditions.

The Director, Tree Crops and Rural Development who doubles as the Climate Change Desk Officer, Mr. James Oyesola made the call in Oke-Mosan, Abeokuta, during a sensitisation conference for core stakeholders across the cassava value chains, organised by Ogun State Government in collaboration with the Regional Centre for Excellence, Ogun (RCE) of Covenant University, Ota.

Mr. Oyesola said the meeting was borne out of the need to have a holistic view and approach regarding the consequences of climate change on farming and its impact on farmers, especially in the cassava value chain.

He added that the State government had been proactive in advocating for climate smart agricultural practices for farmers, varying from location, specific prediction of weather, land testing and free distribution of cassava stems that are location-specific, as well as training programmes on new technology and techniques of farming.

"We have been on this campaign for climate smart agricultural practices for some time now, and we're not resting on our oars, because research is always constant. As new results are postulated, we bring this information to our farmers to incorporate in their activities and it has been

beneficial to those that adhere to the guidelines. I urge everyone to play their part in mitigating the impact of climate change, because we don't want a situation that can lead to food crisis", he said.

Also speaking, the Chairman of the RCE, Ogun chapter, Dr. Patience Tunji-Olayeni said the planet is currently going through environmental crisis like flooding and drought which can affect food production negatively, maintaining that all hands should be on deck to prevent the looming food crisis, as government could not do it alone.

"We want to forestall food crisis, that's why we at Covenant University, being a research-intensive institution are joining other groups around the world to make climate demands from our leaders. In Nigeria, our government should invest in climate smart agriculture, research, renewable energy and green jobs for the sustenance of our people and the nation", she stated.

Dr. Tunji-Olayeni noted that further deliberations would be held with government on their resolutions, which would seek new ways to embrace green technology and adaptive measures to curtail hazardous impact of climate change.

Contributing, a member of RCE, Dr. Ngozi Adeleye, revealed that the fact-finding meeting aimed to devise ways to create climate change awareness in the grassroots, saying cassava being a staple food was made the focal point with a view to avert food crisis.

Speaking on behalf of other participants, Rasheed Babatunde and Edun Olanike applauded the organisers for the initiative, saying they are better informed on how to improve their yields.

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Ogun Assembly passes bill regulating animal grazing

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Speaker, Rt. Hon. Olakunle Oluomo. Oyediji thereafter moved the motion for the adoption of the report, seconded by Hon. Olusola Adams and supported by other lawmakers through a voice vote.

The bill was later read and adopted clause-by-clause after which the motion for its third reading was moved by the Majority Leader, Yusuf Sheriff, seconded by Wahab Haruna, after which the Clerk of the House and Head of Legislative Services, Deji Adeyemo took the third reading of the bill before the lawmakers. Responding, Speaker Oluomo directed that the clean copy of the bill be transmitted to the State Governor, Prince Dapo Abiodun for his assent.

Analysis

ZOBO: A friend to your health

By Sofoluwe Oluwakemi

ZOBO drink is traditionally used as a cure for ailments such as; minor coughs, upset stomach, poor appetite and bacteria/fungal infections. Hibiscus Sabdariffa (a.k.a Roselle), the flower from which ZOBO drink (a.k.a Sorrel) is made is packed with healing plant, chemicals such as anthocyanins, polyphenols and hibiscus acid. This combination of chemicals produces valuable medicinal properties that extend beyond the traditional uses we may be accustomed to.

Duke (1985) has earlier noted that zobo contains vitamins C which is higher in dark red variety. Zobo drink (Sorrel, zoborodo) is a non alcoholic local beverage made from different varieties of dried petals, acid-succulent calyces of the follower Hibiscus Sabdariffa by boiling and filtration (Ogiehor et Al;2008 Kolawole and Okeniyi,2007).

The calyces of Hibiscus Sabdariffa have been found to be rich in vitamins, natural carbohydrate, protein and vitamin C and other antioxidants and also minerals (Babalola et Al 2000) which constitute the major reasons for consuming soft drink and fruit juiced (Okoro, 2003; Ogiehor and Nwafor, 2004).

You also need to know about zobo drink nutritional values which applied only in Roselle leaves meaning that the health nutrition can be increased when you add other healthy ingredients. Some of the nutrients provided by the dried leaves including; vitamin C, calcium, Iron, Phosphorus, Niacin, Riboflavin, Fiber, Fat, Thiamine and Carotene, among others.

All these nutrients make excellent health advantages of zobo drink which can aid in boosting body immune system and metabolism.

Zobo drink also contains anti bacterial properties, rich in water soluble antioxidants, anti hypertensive properties and many more.

HEALTH BENEFITS OF ZOBO DRINK

1) Zobo reduces Blood pressure: According to a 2010 study published in the journal of nutrition, Hibiscus Sabdariffa significantly lowered blood pressure by removing excess fluids and allowing the blood vessels to relax in people suffering from pre- and mild hypertension.

Drinking a beverage like zobo can reduce medical costs and prevent complications such as stroke, heart disease and even death.

It may lower cholesterol: another study published in Filoterapia, a journal dedicated to medical plants and bioactive natural products of plant origin, confirmed Hibiscus' effectiveness in treating high blood pressure.

(2) It helps to get back the loss of appetite: the drink contains numerous minerals and vitamins like calcium, Carotene, iron, free caffeine, fiber e.t.c). The nutrients can help to get your loss appetite while overcome any worm and bacteria in your digestive system.

3) It treats constipation problem: healthy digestion is always linked to fiber content and if you have constipation problem, then it means something is wrong with your digestive system. Zobo drink can help you to treat constipation while improving your digestion system to run well.

4) Support and control weight loss: if you consume too much sugar and starch provided by carbohydrate rich foods, then you'll gain so much weight. Zobo drink not only lowers your sugar level, but also fats; it is high in fiber to help you have better digestion, plus substance that inhibit the production of amylase production which is an enzyme that can break down complex sugar and starches.

5) Zobo drink is good for diabetes patients, it can help them to control their diabetic. It's also recommended for those who suffer from liver and kidney problems.

6) It deals with kidney problem: you need to drink it frequently since the traditional drink provides 15% to 30 percent of organic acid. These



acids can help to improve kidney ability to filter out oxalic and uric acid, two wastes which can lead to stone kidney disease. It's better to not put additional sugar to the drink to make the natural essence of zobo drink perform more effectively.

7) It prevents certain cancer disease because it's rich in anti oxidant properties which will fight against free radicals effects that always link to cancers.

8) It treats cough and cold: it contains ascorbic acid which is a form of vitamin C that's essential for our body to enhance immune system.

9) It helps to deal with Anemia: zobo drink contains enough iron to improve the production of red blood cells.

10) Zobo drink contains vitamin B3 to support body function.

11) It is good to maintain healthy eyes.

12) It also boosts our energy.

Healthy foods for your lungs, liver, heart and kidney



By Fadipe Morenikeji

Your vital organs are those you need to survive, and they can easily become life-threatening if any problem occurs. You cannot live without these organs, but in cases where one kidney or lungs has gone bad, you can live without one of the pair.

This article looks at some of these organs, foods to make them healthy and functional and the harmful practices to

avoid.

Your lungs work hand in hand with the heart to oxygenate blood by filtering the air you breathe, removing excess carbon dioxide and exchanging it for oxygen. The lungs are an excellent resource for making stable the pH within the human body.

The lungs moderate the carbon dioxide concentration in the body. As such, when there is a "reduced lung function", it means that the ability of the lungs to exchange gas is reduced and requires immediate

attention.

Foods That Your Lungs Will Love You For

Foods with spicy flavours and soothing textures are best for lung detoxification.

Some of these are:

- Turmeric - Thyme - Mustard - Cayenne pepper - Whole-wheat bread - Whole-wheat pasta - Oats

Liver

This is the most important organ for metabolism, including anabolism and catabolism. While converting nutrients into usable substance, it filters the blood. The liver also plays a major role in digestion and helps in regulating hormones.

Foods That Your Liver Will Love You For

The liver requires green leafy vegetables for blood supply including: - Cabbage - Broccoli - Garlic - Beet - Salads - Lemon juice - Green apples.

Others are:

- Coffee - Avocado - Fish - Walnuts

Heart

The heart is the most important organ for the circulatory system. It works with the lungs to add oxygen to the blood and pumps oxygenated blood around the body through the blood vessels. Medical conditions such as diabetes, high blood pressure, high blood cholesterol, and smoking contribute to heart-related issues yearly. Foods That Your Heart Will Love You For - Beans - Fish and fish oil - Berries and Avocados - Walnut - Dark chocolates - Green Leafy vegetables

including Spinach, Kale and Whole grains

Kidney

This is the detoxification organ that filters blood and removes waste. The organ which produces urine ensures the stability of the pH within the human body. It also helps in hormonal regulation and proper digestion.

Foods That Your Heart Will Love You For - Parsley - Green tea - Fish oil - Dark chocolate - Tomatoes - Almonds - Olive Oil

Harmful Practice to the Lungs, Liver, Heart and Kidney to Avoid

The most common harmful practice above all others that affect your lungs, liver, Heart and Kidney is Smoking.

Smoking makes cancers more likely to occur. Some cancers that it triggers are the cancer of the mouth, bladder, pancreas, stomach, colon and rectum. It is also the major cause of COPD (chronic obstructive pulmonary disease). Smoking can cause kidney cancer, and damage your heart, leading to poor blood flow to the body.

Remember the slogan, "Smokers are liable to die young"? 99.9 per cent of persons who smoke are clearly aware of the dangers and damages it can cause to their vital organs; psychological effects, physical deformation, general dysfunctions and the fact that they are liable to die young. Yet the question remains - Why do people smoke?

If you are not a smoker, do not pick up the habit. If you smoke, consider quitting to protect your vital organs. With the help of a doctor, set a date to quit, you can start with nicotine gums, join a support group and find a method that is most suitable for you.

Hunger is looming in Nigeria!

In March, when the UN Food and Agriculture Organisation warned that at least 9.2 million Nigerians faced starvation, the message came like a thunderbolt. But the reality is that huge populations of Nigerians are already hungry.

Nigeria has been overwhelmed by the unending Boko Haram terrorism, banditry, kidnapping and other forms of insecurity challenges bedeviling Nigeria's ability to feed its massive population. Already, millions of Nigerians are unable to feed like they used to do.

With the deteriorating security situation which has risen to unbearable dimension, more than any time in the history of Africa's most populous country, hunger is staring at us in the face.

In the past Nigeria maintain a reputation of being the food basket and major agriculture haven in Africa. That impressive record has gone into the dust bin of history. It is disappointing that the country now occupied the 10th position in the 2020 Global Hunger Index where countries like Afghanistan, Haiti and Chad prominently featured among the ten hungriest countries.

Millions of Nigerians live in extreme poverty on less than \$1.90 per person per day, an amount which is impossible to support a healthy livelihood.

A World Bank report noted that even before the COVID-19 crisis, around 4 in 10 Nigerians were living in poverty and millions more were vulnerable to falling below the poverty line, as growth was slow and was not inclusive. Based on the most recent official survey data from the Nigerian National Bureau of Statistics, 39.1 percent of Nigerians lived below the international poverty line of \$1.90 per person per day (2011 PPP) in 2018/19. Yet a further 31.9 percent of Nigerians had consumption levels between \$1.90 and \$3.20 per person per day, making them vulnerable to falling into extreme poverty when shocks occur. Nigeria's poverty level is worse that it was during the Civil War between 1967 and 1970.

In recent times, nearly all parts of the country is under siege of one form of insecurity or the other. The bloody breaches have created millions of internally displaced persons and rendered farming activities negligible in the North-East, North-West, and North-Central, regarded as the major food-producing regions. Farming in other regions is also increasingly being threatened.

According to the North-East Development Commission, over 2.6 million people are at risk of hunger in Borno State alone due to Boko Haram/ISWAP terrorist attacks. This is nearly half of the state's population estimated at 5.86 million (2016). The Food and Agricultural Organisation said insurgency has denied 65,800 farmers access to agricultural inputs.

Last November, Boko Haram admitted to killing 76 rice farmers in Zabarmari, Jere Local Government Area, in northern Nigeria. The terror group said the attacks were carried out in retribution for farmers cooperating with the Nigerian military. The bloodthirsty terrorists beheaded them not minding the effect on food production and supply chain across the nation. They are aggravating the anarchy in the region and tension around Nigeria.

To underline the growing insecurity that is driving farmers out of their traditional routines, the Nigerian military conducted airstrikes against bandits in two states – Niger and Zamfara – in mid-June. Airstrikes by the Nigerian Air Force have been going on for years but are yet to achieve peace. Those two states, along with Kebbi, Katsina, and Kaduna, have been witnessing large-scale conflict. Niger State Governor, Abubakar Bello, recently warned of imminent famine in the agrarian state. He said, "Bandits have forced us to change our way of life in Niger State; they stopped our children from going to school, stopped us from travelling on our roads, stopped farmers from going to the farms..."

As in Niger, the bandits have also sacked farms in Zamfara, Katsina and Kebbi states. Well-armed and exhibiting bravura, the non-state actors rustle cattle, kidnap for ransom and collect tributes from farmers before they

(farmers) can farm. A June report said 113 towns in Zamfara have been deserted because of bandit attacks. In Katsina, herdsmen have displaced residents in 11 of the state's 34 LGAs. Food inflation decreased to 22.28 percent in May from 22.95 percent in March. Overall, inflation trended up for months to 18.12 percent before a slight reduction to 17.93 percent in May. In 2020, rising food prices pushed an extra seven million Nigerians below the poverty line, the World Bank Nigeria Development Update stated.

For years, Fulani herdsmen have been rampaging through Benue and other states in the North-Central and the South, maiming, kidnapping and massacring farmers. With the President, Major-General Buhari (retd.), rejecting pragmatism, the herdsmen are terrorising farmers in the country's food basket. In Benue, Governor Samuel Ortom said over one million persons had been displaced in eight of the state's 23 LGAs. In all, 12 states are battling with the crisis of displaced persons.

Due to the nationwide turmoil, the food situation is deteriorating rapidly. Millions of people cannot feed adequately again as prices soar and inflation reduces disposable income. Currently, Nigeria has the highest number of people living in extreme poverty in the world. Every minute, five Nigerians fall into the extreme poverty trap, says the World Poverty Clock. The Global Food Security Index, a compilation of the Economic Intelligence Unit (an arm of The Economist), says Nigeria has been deteriorating since 2013, ranking it 94 among 113 countries in 2019. With a score of 29.2 (out of 100), Nigeria has a level of hunger that is serious, according to the Global Hunger Index, which ranks Nigeria 98th out of 107 countries it surveyed.

Unfortunately, things might get worse. Apart from climate change effects – Lake Chad has virtually dried up – and the ravaging impact of the COVID-19 pandemic, the President's belligerent position on nomadism is a brittle source of conflict. Antagonistically, Buhari insists on the open grazing of cattle even though it has induced tension and insecurity across the country. This is partly why the N1.5 trillion intervention of the Federal Government in agriculture, through the Central Bank of Nigeria, involving a total of 3,107,890 farmers, is yielding a pitiable result.

Despite avowals, Nigeria is import-dependent. It imports basic foods, including rice, wheat, frozen poultry products, palm oil, vegetable oils, and fruits. In the first quarter of 2021, Nigeria's agricultural imports exceeded exports by N503 billion, National Bureau of Statistics data revealed. This is risky. Very soon, it might be unable to fund that consumption trend again. At the last account, the foreign reserves plunged to a five-year low of \$30 billion on June 17 despite rising crude prices. A country that cannot feed its citizens is courting disaster, as hunger provokes anger. Children will suffer and die from severe acute malnutrition because their young, developing bodies are less resilient to the effects of hunger.

To make amends, Nigeria should refocus on security. Much rests with Buhari and the 36 state governors. Open herding is disrupting farming among the small-holder farmers. The President should banish the idea. Along with the CBN, loans should be institutionalised for the animal husbandry business and ranching. The security system should be reviewed to extend effective security to rural communities where 34.66 percent of the population engaged in farming in 2020, according to the World Bank. Nigeria has an abundance of land resources. Large-scale farming that utilises industrial methods to intensify production should be encouraged. In many countries, farming has become a major attraction for equity funds, investment banks and other types of investors. As much as possible, state governors should tackle insecurity in their domains by establishing security outfits. They should not relent until the Federal Government reviews the security architecture and implements state police. To save the country from the brink of famine, State governments should reduce the geographical isolation of rural communities by providing rural infrastructure, especially roads and electricity.

Adediran Olufemi, Editor

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In Nigeria, each year the country loses and wastes a substantial portion of its total food production which is never preserved despite hunger and undernutrition that exist. One of the key reasons is that food loss and food waste continue to grow without any significant intervention by government or businesses.

The magnitude of food loss and waste, FLW, is undeniably common and high in the country along the food supply chain, particularly from the North to the South of the country. The loss and waste problem has been neglected for so long and the last few years have witnessed a consistent increase as a result of heightening insecurity, movement and transport restrictions due to the novel coronavirus (COVID-19) pandemic, street trading, open animal grazing, decrepit infrastructure, illiteracy, inconsistent power supply, environmental pressure, lack of innovation and climate change.

Though food loss and waste are a global problem, it appears it is more prevalent in Nigeria now with the current realities. Therefore, persistent food loss and food waste amid starvation should not be overlooked. This piece is, therefore, a wake-up call.

While I agree that both “food waste” and “food loss” signify the food portion that is wasted and not eaten, the terms are different but often use interchangeably. Painfully, both are damaging to the economy, businesses, households, and the well-being of the populace. The fact is food loss and waste are quite different anyway in terms of origin and scope and the true difference lies in exactly where the waste occurs.

According to literature, food loss typically takes place at the harvest, storage, transportation, and sometimes at processing, and distribution stages in the food value chain. In Sub-Saharan Africa, post-harvest food losses are estimated to be worth the \$4 billion annually – or enough to feed at least 48 million people, according to a report by the Food and Agriculture Organisation, FAO, of the United Nations. In my opinion, the large chunk of this may likely be from Nigeria, considering the population and economic size of the country in Africa.

Further findings in the report indicated that some of the leading causes of food loss are poor storage, insecurity, loss during transportation, insufficient and inefficient agro-processing skills among smallholder farming communities, and lack of innovative approach to preservation and insufficient infrastructure.

It is not out of place to mention that with the

Tackling hunger amid food loss and waste: A concern in Nigeria



current realities, particularly with the disruptions occasioned by COVID-19 and increasing insecurity, food waste must have increased exponentially in the last two years, indicating a major barrier to food security and development in the country, and this obviously requires attention.

On the other hand, food waste refers to the food that is of good quality and fit for consumption, but does not get consumed because it is discarded either before or after and it is left to spoil. Surveys of families in Lagos State, the economic capital of the country, to understand the causes of food waste elicited packaging and preservation as a key aspect of the problem.

One of the root causes of food waste is a lack of power, and some restaurants equally mentioned lack of proper packaging techniques. It was easy to conclude from the survey that food waste occurs at various stages of the

supply chain due to a lack of constant power and adequate packaging.

Though funding and investing in agriculture or food sector can improve food security and promote sustainability, in my opinion, improved food sufficiency can be achieved by considering the reduction of food loss and food waste. This can be a more effective and cost-saving strategy for a developing economy like Nigeria at this time.

Because when food is lost or wasted, all the resources that are used to produce the food, including water, land, power, labour, and capital, are also wasted. So, a reduction in loss or wastage will more than likely reduce wasted resources and increase profits along the food supply chain.

To address this prevailing huge problem, businesses and government must resort to policy responses to enhance storage, cooling technologies, and packaging for the preservation

of perishable foods and to lengthen food shelf lives. The good news is that there are a variety of ways to prevent food loss and waste throughout the supply chain.

For example, investment can be made in the importation of cooling and refrigerated trucks for transportation of perishable fruit and vegetables. Farm produce such as tomatoes, plantain, or even catfish can be preserved with the cooling system from the farms directly to urban businesses or consumers, thereby reducing food loss and increasing fresh produce availability in the country.

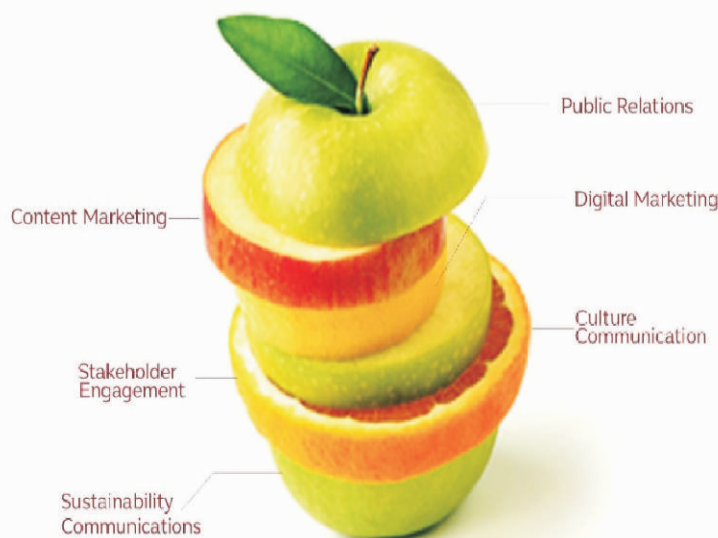
Furthermore, innovative smart food packaging and smart sensing technologies for monitoring food quality can be also introduced for the sustainability of high-quality standards and improved product safety. These are lines of business opportunities for investors to explore or for the attraction of foreign direct investments, FDIs.

Sincerely, government, businesses and decision-makers need to target investments deliberately in the food supply value chain because opportunities are bound. Government also needs to create incentives to boost efforts to reduce food losses by businesses and smallholder farmers.

In conclusion, no single solution can tackle this whole issue, but having an innovative mindset can get government, businesses, researchers and the populace started. In fact, reducing food wastage will strengthen and enhance general food security in the country.

Indeed, investments in training, technology, digital agriculture, innovation, and behavioral change are key to reducing food loss and waste. Therefore, innovative initiatives in the agriculture sector should be encouraged because these will create more job opportunities and also improve urban-rural migration, increase food exports, and reduce food imports. Good luck!

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Feature

Health benefits of Turmeric

By Sofoluwe Oluwakemi

The spice Known as turmeric may be the most effective nutritional supplement in existence. Turmeric has major benefits for your body and brain. It's a bright yellow-orange spice commonly used in curries and sauces. It's the spice that gives curry its yellow color.

The spice has been used for its medicinal, antioxidant and anti-inflammatory properties for thousands of years.

Turmeric and especially its most active compound curcumin have many scientifically proven health benefits, such as the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.

Its health benefits are:

1) Turmeric contains bioactive compounds with powerful medicinal properties.

2) Curcumin is a natural anti-inflammatory compound: inflammation is incredibly important. It helps your body fight foreign Invaders and also has a role in repairing damage. Without inflammation, pathogens like bacteria could easily take over your body and kill you.

3). Turmeric dramatically increases the antioxidant capacity of the body: Oxidative damage is believed to be one of the mechanisms behind aging and many diseases. It involves free

radicals, highly reactive molecules with unpaired electrons.

4) Curcumin can boost brain derived neurotrophic factor: one of the main drivers of this process is brain derived neurotrophic factor(BDNF) . This is a gene that's involved in making a protein responsible for promoting the life of neurons.

The BDNF protein plays a role in memory and learning, and it can be found in areas of the brain responsible for eating, drinking and body weight. Many common brain disorders have been linked to decreased levels of BDNF protein, including depression and Alzheimer's disease.

5). CURCUMIN may lower your risk of heart disease: heart disease is the number one cause of death in the world. Heart disease is incredibly complicated and various things contribute to it. Curcumin may help reverse many steps in the heart disease process. Perhaps the main benefit of Curcumin when it comes to heart disease is improving the function of the endothelium, the lining of your blood vessels.

6) Turmeric may help prevent cancer: there are many different forms of cancer that appear to be affected by Curcumin supplements. Curcumin has been studied as a beneficial herb in cancer treatment and been found to affect cancer growth and development.



Why you should experience the wonders of Cloves



By Quadri Olamide

Cloves are the flower buds of the clove tree, an evergreen also known as *Syzygium aromaticum*.

Found in both whole and ground forms, this versatile spice can be used to season pot roast, add flavour to hot beverages and bring spicy warmth to cookies and cakes.

They are best known as a sweet and aromatic spice, but they have also been used in traditional medicine. Animal studies have found that the compounds in cloves may have several health benefits, including supporting liver health and helping stabilize blood sugar levels.

**Cloves contain fiber, vitamins and minerals, so

using whole/ground cloves to add flavour to your food can provide some important nutrients.

**Cloves are rich in antioxidants. Antioxidants are compounds that reduce oxidative stress, which can contribute to the development of chronic disease.

** Some researches suggest that the compounds found in cloves might help protect against cancer.

**Cloves have been shown to have antimicrobial properties, meaning they can help stop the growth of microorganisms like bacteria.

** Studies show that the beneficial compounds in cloves could help promote liver health.

** It may help keep blood sugar under control.

** It may also promote bone health.

News

Ogun residents lament high cost of food

By Adesola Oluwaranti

For months, Nigerians have been lamenting a continuous increase in prices of goods and services.

In Ogun State, prices of goods have increased drastically with residents and traders blaming President Muhammadu Buhari for not doing enough to check rising food prices.

When our reporter visited the Kuto market, traders lamented that prices of goods increased daily while the President seemed to be ignoring the cries and

complaints of the masses, thereby making it unbearable for traders to make profits.

A trader, Kafayat Ademuyiwa, who sells provisions and groceries in the market, said: "Buhari knows the solution, only that he wants to punish us in this country. Can't he see that the prices of goods are unbearable? The prices of goods are going up now and then. We can't bear it again in Nigeria because the prices of things are increasing every minute.

"Before we used to buy small Hollandia milk for N60, now it is N100. If you want to buy noodles, a carton goes for N950. Now, we are buying it for N2,450. The Spaghetti that I used to buy for N2,400 now goes for N4,800 per carton. As traders, we are tired, we just sit under the sun getting nothing," she said.

A pepper trader, who identified herself as Iya Osogbo said: "The cost of food is very expensive, especially pepper and tomatoes. Two years ago, a basket of tomatoes

went for N4,000, but now, it is N18,000 or N17,000. I can't afford to buy a basket because of the hike. The money we used to buy a basket of pepper and tomatoes is what we now use to buy smaller quantities. Also, a quarter bag of pepper is now N6,500. We bought one bag of Shombo for N13,000 yesterday. Today, I could not afford the price, and so I had to buy a bit from other traders.

"The cost of pepper and tomatoes is as high as N18,000 this year compared to 2015

when a basket was sold for N4,000. Some of the traders complained that the government is involved in the hike of prices. The traders also complained of over taxation and the high cost of transportation to Lagos.

"I heard that some security officials collect up to N25,000 from traders just to bring the goods into Lagos. When we approached the dealers to reduce the price, they became furious," Iya Osogbo said.

Another trader, Kemi Adelaja, appealed to the government to wade into the situation, saying: "President Buhari should come to our aid. We have children who are in higher institutions and most of us bear the burden of their fees.

"Their fees are now very high. I have sponsored three children who are now graduates from different universities in Nigeria. The fees I am currently paying on my last child are more than the money I

paid to train his older ones through school. The government should help us."

The experience of Ayo Oguniran, who sells beef at the market, is not different. Recounting his experiences, Oguniran said he had been recording losses in the last six months.

Another trader, who sells fruits, Faruq Adamu, said the price of a measure of dates that used to cost N1,500, rose to N2,000 at the beginning of the year.

"The government should know that everyone is not a civil servant that receives salaries. We are not depending on the government to pay bills other than this business that we do. Some of us have graduated from school without working.

"I am not happy at all and if President Buhari or anyone responsible does not do something, we will close down our businesses till our yearnings are heard," Adebayo Yemi said.

Agency raises alarm on flooding, as rainy season begins



By Ademoye Ahmed

The Nigeria Hydrological Service Agency (NIHSA) has warned that unless immediate actions are taken by States and all stakeholders to forestall the devastating impacts of floods as the rainy season begins, there will be losses of food, lives, and properties.

The Director-General of the agency, Clement Nze, made this known at a press conference to announce the agency's yearly flood outlook held in Abuja.

He explained that the reason for the flood warning was to give the states and all relevant stakeholders enough time to prepare ahead of the floods and to avert unnecessary losses and pain.

"During our yearly flood outlook last year, we predicted that 377 local government areas (LGAs), in 36 states, including the Federal Capital Territory (FCT), would be severely affected by floods, especially states around rivers Niger and Benue and in the course of that year, the predictions came true but unfortunately, many of the states did not act on it.

"As a responsible agency, we have been predicting and making public flood scenarios across the country since 2013 because due to the location of Nigeria in the Niger basin region, flooding tends to occur as most of the countries upstream empty downstream into Nigeria," Nze said.

Nze warned that because of the nation's downstream location, it is

important for all relevant authorities to take the flood alert seriously and set in motion all necessary measures that would reduce floods and the impacts because many had failed in doing so and this had resulted in huge loss of food, animals and human lives.

He said: "Based on the Nigeria Meteorological Agency of Nigeria's (NIMET's) warning, we have

tried to do the needful before the floods arrive around June and July, that is three months ahead, which is enough for all to do the needful to ensure that states avoid the impacts."

Although, he did not mention specific states likely to be affected, he said: "This is the best time for flood-prone states to take action. Therefore, those living in flood plains must move away, and states

and all stakeholders must start taking action now and not wait until it is too late."

Speaking on the importance of the flood alert, the Head of Media Unit of the agency, Mrs Lauretta Samuel, said many states and farming communities would benefit from the flood warnings, as it would enable them to make early preparations to avert damage.

FG linking 10 million farmers' information to farmlands –Minister

By Sodiq Adeyemi

The Federal Government, has said that, it had commenced the process of linking the bio-data of 10 million farmers to their various farmlands across the country.

Minister of Agriculture and Rural Development, Sabo Nanono, said his ministry had established an online portal to capture the bio-data of farmers and link them with geographical information of their farm plots, crops and the volumes of production in Nigeria.

Nanono, who spoke in Abuja, said the initiative would ensure efficient and effective monitoring of Federal Government interventions in the agricultural sector.

He said, "Although we initially set out to capture the

data of 2.4 million farmers across the country, the results from the exercise have encouraged the Economic Sustainability Plan Team to expand the data capture to 10 million farmers.

"The database will be a platform for the Federal Government interventions going forward, putting an end to ghost schemes and other unscrupulous practices in the agricultural industry."

The minister noted that the challenges brought by the COVID-19 pandemic, floods and insecurity had made the government to set up structures to address infrastructural deficiency, technology gaps, security challenges and extension inadequacy.

Nanono stated that agricultural productivity could only improve through

mechanisation of production activities.

He said, "In our effort to improve agricultural production profile of the country, we have entered into a partnership with the government of Brazil through one of their foremost technology transfer, the Fundacao Getulio Vargas.

"This partnership has yielded an agricultural mechanisation loan to the tune of €995m. This

'Why Nigeria needs stability in prices of food'

...continued from front page

how much they want to spend at the end of the month on the food bill," he said.

The farm city is a combination of real estate and agriculture, Eyiolawi said. "That is where we will cultivate instead of just processing. At present, we only

shall be granted to Nigerian entrepreneurs to establish service centres across all the 774 Local Government of the country, selling services to all categories of farmers and thereby helping to improve their productivity.

"The service centres shall be either a Type 1 – supporting production activities, or Type 2 – supporting processing and packaging activities."

process.

"Of course, we want to ensure all-year-round supply so that all our products are processed. We have to start cultivating."

Speaking on how to address the rising cost of food items, the Titan Farms boss said: "For us, we cannot give an immediate solution to the challenge, but we

Ogun moves to boost income of cocoa farmers

By Ogunsina Adebola

The Ogun State Government has donated 10,000 improved cocoa seedlings to Tulip Cocoa Processing Limited, for onward distribution to farmers in a bid to boost their income.

Handing over the seedlings in Itele, Ijebu-East Local Government Area, Commissioner for Agriculture, Dr. Adeola Odedina, said the initiative was a sign of government's commitment to woo more private organisations to participate in agricultural interventions for improved economy of the State and livelihood of farmers.

Represented by the Director, Tree Crops and Rural Development, Mr. James Oyesola, Odedina pointed out that the improved cocoa seedlings would start yielding in two years, and

would in-turn make Ogun the largest cocoa producer in the country, as well as create job, food security and economic empowerment.

"This is a community-driven project and the fourth location to give free improved seedlings to farmers as mandated by the State Governor, Prince Dapo Abiodun. Due diligence will be done to ensure we get results. So, I urge our farmers to make judicious use of this farming inputs and nurture them well, as well as utilise the skills of extension officers provided by government, to boost your income and quality of input to meet world standard", Odedina said.

Also speaking the Managing Director, Tulip Cocoa Processing Limited, Mr. Johan Van Der Merwe, expressed delight at the proactiveness of government in responding to the request for free cocoa seedlings, for the farmers from whom the company off-take cocoa produce.

Mr. Van Der Merwe, expressed optimism that the initiative would impact positively on the farmers, as the new cocoa breeds would replenish the old-dying trees and increase production at the maturation stage.

Responding, the President of Agbegbemi Cocoa Farmers Production and Marketing Cooperative Union, Alhaji Rasheed Adegoke, applauded State government for the gesture

can do a projection of what will be a solution in the nearest future.

"We are working and collaborating with existing farmers. At the moment, we have 52 farms signed under us with the agreement that everything they harvest in their farms, we will process it to achieve our plan," he said.

News



Ogun State Commissioner For Agriculture, Dr. Adeola Odedina taking delivery of the YouWIN! Aquaculture Hub located at Ibi-Ade, Ogun Water Side Local Government.

FG hands over YouWIN! aquiculture hub to OGS

By Adebayo Bidemi and Ademoye Ahmed

The Federal Government, has officially handed over the YouWIN! Aquaculture Hub located at Ibi-Ade, Ogun Water Side Local Government Area of the State to Ogun State Government.

The YouWIN! Aquaculture Hub Project which was implemented by the Federal

Ministry of Finance, Budget and National Planning and being commissioned today is one of several Federal Government Assisted Projects in Ogun State aimed at enhancing Food and Nutrition security, Job Creation and linkage of primary producers to Industrial process. The state of the art Aquaculture Hub include 30 fish ponds, hatchery, feed mill, training

centre, stores and section for vegetable farming.

In his remarks, the Governor of Ogun State, who was represented by the Commissioner for Agriculture, Dr. Adeola Odedina, appreciated the Federal Ministry of Finance, Budget and National Planning for the selection of Ogun State as a beneficiary State of the You WIN! Aquaculture Hub project.

He noted that the hub will complement the ranking of Ogun State as the biggest hub of Aquaculture Activities in West Africa with existing Fish Farm Estates in Erinwe Ijebu, Ikenne, Ilaro, Ikangba, Imasayi and other locations across the State.

According to him, the newly commissioned hub will provide at least 1000 Jobs at inception for Youths in the catchment area in various Aquaculture Value Chain Opportunities.

Dignitaries at the event included: Representative of the Minister of Finance, Budget and National Planning, Mr Dennis Chukwu; the Asiwaju of Ogun Waterside, Hon. Chief Dele Odulaja; the Local Government Chairman, Ogun Waterside, Hon. Musa Moruf and the M.D/CEO Lawone Agro-Allied Industry Limited, Mr. Lawrence Tamunokri.

Others are: the National President of Catfish Association of Nigeria (CAFAN), Mr Onoja Sunday; Ogun State Chairman of CAFAN, Mr. Samuel Olubodun; Senior Special Assistant to Ogun State Governor on Agriculture, Dr. Angel Kuye; Representatives from Fishery Department, Ogun State Ministry of Agriculture and Fish farmers group.

Vegetable farmers enjoined to adopt best agric practices

By Olowu Ganiyu

Vegetable farmers have been told to adopt best agronomic practices such as, improved varieties of seeds and agro technique with necessary skills to maximise profit.

The Chief Research Officer, National Horticultural Research Institute (NIHORT), Ibadan, Dr. (Mrs.) Oladayo Idowu-Agida gave the charge during a two-day training session organised for unemployed youths by the Institute in collaboration with Ogun State Agricultural Development Programme (OGADEP), at Idi-Aba, Abeokuta.

Speaking on 'Management Practices for Improved Vegetable Productions', Dr. Idowu-Agida who described growing of vegetables in modern ways as a veritable means of income, good sources of nutrition, especially vitamins A and C, advised participants to properly manage the production process through adequate land preparation, planting of good seeds, proper nursery management, careful transplanting with adequate spacing and regular weeding.

She highlighted proper irrigation during dry season, fertilizer application, which could be manure or chemical, adequate pest and disease control, as well as good harvesting techniques and record keeping as ways to maximise profits.

"The demand for various types of vegetable is high across the country judging from nutritional value derived from

daily consumption. That means the market and profit margins are high for farmers after harvest, if the crops are grown with best agricultural practices", Dr. Idowu-Agida said.

The resource person maintained that participants could adopt any aspect of vegetable value-addition, such as seed production, nursery production and leafy or fruit vegetable production.

Also in her lecture on 'Economics of Vegetable Production', the Assistant Director of Research in the Institute, Dr. (Mrs.) Iyabo Adeoye urged participants to identify markets or steady buyers before venturing into plantation, affirming that demands for various commodities of vegetable abound at local and international markets.

On her part, the Programme Manager, OGADEP, Deaconess Taiwo Ayansanwo expressed hope that the skills instilled in

participants would have positive multiplier effects in food production and job creation, if they practice what they learnt and teach others.

Participants were later taken to the field for practical demonstration on modern ways of planting pumpkin, popularly called ugwu, tomato and okra, as well as ways of preserving them when supply is high in the market to avert loss.

A participant from Obafemi/Owode Local Government Area, Mrs. Mary Abegunrin who spoke with OGIS said the theory and practical aspect of the training had given them insight on how best to grow vegetables and preserve excess for future sale, appreciating NIHORTS, OGADEP and Ogun State Government for the opportunity.

Highlights of the event were presentation of certificates, free distribution of pumpkin leaf seedlings, okra and tomato seeds to each of the participants.

Osun clears 1,023 hectares for cocoa, cassava, tomato cultivation

By Okon Jeremiah

The Osun State Government has disclosed plans to give out 23 hectares of land in Ifon to interested farmers for planting of tomatoes.

The State Commissioner for Agriculture and Food Security, Mr Adedayo Adewole, made the disclosure during an inspection tour to some of the ploughed land along Araromi/Orile-Owu Road,

Araromi-Oke-Odo, in the Ife South Local Government Area of the State.

Adewole said, out of 1,000 hectares of land set aside for the agricultural production, 400 hectares had been ploughed for the plantation of cocoa, cassava and other agriculture produce.

He further revealed that, the ploughed land in the Ife South LGA and Ifon-Osun, in Orolu LGA of the state

would be allocated to over 200 farmers.

"We are doing this to reawaken productivity in agriculture as part of efforts to empower our youths and create more employment opportunities for them in the agricultural sector. Aside from 1,000 hectares of land that we are working on in Ife, we have equally cleared 23 hectares in Ifon Orolu for tomato production," the statement added.

News Feature

NSPRI, NEPC train farmers, exporters on requirements

By Okon Jeremiah

Good agricultural, post-harvest and packaging practices have been described as imperative for Nigerian farmers, aggregators, food processors and exporters to break barriers to international markets.

Hence, the Nigerian Stored Products Research Institute (NSPRI), Ilorin, Kwara State, and the Nigerian Export Promotion Council (NEPC) have trained some stakeholders in cocoa, cassava and leafy vegetables businesses on requirements of the international markets.

The southwest zonal training, in collaboration with Synergy Impact Consultants Ltd, and with the support of the Nigerian Agricultural Quarantine Services (NAQS), the Federal Produce Inspectorate Service (FPIS) and the Federation of Agricultural Commodities Association of Nigeria, was done at the zonal office of NSPRI in Akoka, Lagos State.

The objectives of the interactive session with stakeholders included identifying knowledge gap in exporting cocoa, cassava and leafy vegetables in Nigeria; building an innovation platform for effective engagement among stakeholders; developing appropriate research themes to improve production and post-harvest handling of selected crops for exports and harnessing useful information from stakeholders for the development of a policy brief that will assist the government in making policies.

Executive Director of NSPRI, Dr. Patricia Pessu, explained that the institute was established for the quest for pest-free and safe agricultural commodity being exported from the west coast of Africa to Europe at the time it was established.

She added that he institute had since continued to work assiduously to maintain the quality of export crops and crops consumed locally through basic and applied research with the active engagement of stakeholders.

"Although a lot has changed since the creation of NSPRI, our responsibility is to ensure that agricultural commodity being exported from Nigeria is of the acceptable standard has not in any way reduced. The current economic downturn in the country necessitates diversification of the economy and the need to take proactive steps in positioning agriculture as a source of foreign earning," she said.

Director of Research Operations at NSPRI, Dr Folorunsho Olayemi, said it was to equip stakeholders with knowledge and requirements for exports, which, in turn, would help galvanise the economy and create jobs.

"This training is to help our farmers to access the international markets through farm produce. Nigeria has been doing exports of food and crops, but we have not been doing it right lately. Everywhere, our products are being rejected," Olayemi said.

On factors causing rejection of Nigerian products abroad, he said good agricultural practices are not followed. Poor varieties of crops, excessive use of agro-chemicals in production and storage, unwholesome post-harvest handlings and infestations are prominent causes of rejection.

Deputy Director, Product Development, NEPC, Mr Moruff Salami, representing the Director-General of NEPC, Mr Segun Awolowo, said the country is blessed with agricultural resources, and these resources should be used to diversify the economy through product development, packaging and exports. This would deepen production and food security, he added.

A resource person on cassava value chain and Project Manager of BASICS-II, IITA, Prof. Lateef Sanni, also emphasised Good Agricultural Practices (GAP), quality product, attractive packaging, and export so that farmers can get more value for their labour and investments.

On the expected impact of the training on agribusinesses, farmers, processors and exporters of cocoa, cassava and vegetables, Prof. Sanni said: "In southwest Nigeria, cocoa, cassava and vegetables are dominant commodities. And of recent, there is interest in export opportunities. Some individuals have been trying to export their commodities abroad, some have passed, and the majority did not pass."

He argued that the rate of rejection of products of Nigeria origin in the international market necessitated involvement of exporters, farmers and other stakeholders to tackle the challenges by inculcating good agricultural practices.

The number one critical problem with beans is the pesticide residues, Sanni said, adding: "the amount of pesticide residues in those beans were too high; they were far above the WHO-approved standards. And the implication is that either at the level of farming, packaging or storage, some are adding too much quantity of those pesticides or insecticides."

The same thing is applicable to yam, he said, saying, "Yam must not be allowed to sprout. And you have to package it well. Our neighbouring countries like Ghana are doing it. So, why would Nigeria not be able to do it?"

News

Agriculture capable of ending poverty –CDC Group

By Sodiq Adeyemi

The Director of Strategy, Food and Agribusiness, CDC Group Plc, Sami Khan, has said agriculture is a tool capable of ending poverty in countries around the world.

Khan said this while speaking about the importance of agriculture at a webinar sponsored by NAHCO Plc and Red Star Express Plc, with the theme 'Unlocking trade and export opportunities in the agricultural sector.'

"It has been proven that the agricultural sector helps lessen poverty," he said. Speaking on the role of the CDC Group to help transform countries around the world, he said the company would continue to stand with Nigeria in terms of partnership in the agricultural sector.

"The CDC Group is fully owned by the UK government, operating over 400 investments since 1948 with countries around the world, especially in Africa. CDC is a well-placed partner

in transforming the agricultural sector in Nigeria," he added.

The President, Nigerian-British Chamber of Commerce, Kayode Falowo, noted that the National Bureau of Statistics said the Gross Domestic Product for agricultural sector in the first quarter of 2021 was lower than the GDP for Q4 2020.

NBS report showed that crop production grew by 2.31 per cent, compared to 3.68 per cent in Q4 2020, and 2.38 per cent in Q1 2020.

According to him, crop production is a major driver of the agricultural sector



Ogun State Governor, Prince Dapo Abiodun donating tractors to farmers

Don't tamper with food security, Buhari warns bandits

By Balogun Kehinde

President Muhammadu Buhari, has pledged that his administration would deploy every

available manpower in dealing with bandits to prevent them from wreaking havoc on farms and food production in the coming planting season.

Addressing newsmen at

the State House, Abuja shortly after observing the Eid-el-Fitri prayers, the President stressed that the menace would be addressed for food security.

Buhari, who hoped for a good rainy season, noted: "The law enforcement agencies are working hard to regain confidence against bandits so that we can go back to the land.

"This is very important. This is what the agencies are busy doing right now. We want people to go back to the land so that we can get enough food for the country and even export.

Outlining efforts to tackle insecurity in the country,

Buhari drew attention to the series of meetings in recent weeks, chaired by him, adding that a part of the resolutions had been made public by the National Security Adviser (NSA).

"With the resources and manpower available to us, we are working very hard. We are hoping that Nigerians would understand the problem. Nigerians know at what stage we came in 2015, what state we are today both on security and the economy and we are doing our best," he said.

The President commended the National Assembly for its support, observing: "The National Assembly is cooperating very well. Within

the resources available, they are certainly giving us priority on our (military) requests."

Buhari appealed to the nation's elite to show a better appreciation of the problems facing the most populous black nation.

He pleaded: "The elite should make the attempt to understand the military. If we order for weapons and armoured vehicles, it takes time for the manufacturers to supply. It takes time to ship them and when brought here eventually, they are taken to training institutions. The trainers are also trained before sending them to the field. This is a very long process."

FG, Ogun committed to sustainable agric devt

By Fadepide Morenikeji

The acting Director-General, National Directorate of Employment, Mallam Nuhu Fikpo, has said that sustainable agriculture programme is in line with the Federal Government's policy on agriculture for employment generation and wealth creation.

A statement titled 'NDE Ogun trains youths in sustainable agricultural development scheme' said he spoke during the recent inauguration ceremony of the 2021 Sustainable Agricultural Development Training Scheme.

The acting director-general who was represented by the NDE Ogun State Coordinator, Bakare, Tajudeen, described sustainable agriculture as production and distribution system that sought to provide more profitable income, promote environmental stewardship and enhance quality of life for farm families and communities.

According to the acting director-general, participants at the training programme were drawn from all sectors of the communities, Local Government Areas and all the senatorial districts.

A total of 100 participants had been recruited in all the 20 Local Government Areas of Ogun State, it stated.

It said the training curriculum had been

structured to include major areas of modern agricultural production (crop farming and livestock production), marketing and agripreneurial training.

It said that the duration of the training programme was three months, including two weeks exclusively for theoretical/classroom training in life skills lectures, business plan writing, crop production and livestock; while the remaining period would be for practical skills acquisition on the adaptive farm.

According to Bakare, resource persons had been recruited to engage the participants in the first

stage of the training with due guidance in the second stage of the training.

Towards the end of the training exercise, linkages would be established with financial institutions and other sources of funds for resettlement of graduates of the scheme, the statement added.

OWSD stresses importance of researches in food production

By Sodiq Adeyemi

The Nigerian chapter of the Organisation for Women in Science for the Developing World (OWSD) has said contemporary researches should address emerging issues like food insecurity, pandemics and

climate change, among other issues.

It also stated that for women scientists to partake more actively in actualising food sufficiency and security, there should be multi-disciplinary researches, for which it called for statutory provisions that would strengthen research development

programmes in the country.

Members of OWSD, with headquarters in Trieste, Italy, who spoke after their yearly general meeting at Michael Okpara University of Agriculture, Umudike (MOUUAU), Abia State, said that their international president and Nigeria's coordinator were

actively involved.

The Nigeria chapter Coordinator, Professor Ibiyinka Fuwape, said she was delighted that the meeting and its preceding fifth biennial conference was successfully held virtually and non-virtually despite the Covid-19 pandemic. According to the host coordinator at MOUUAU chapter, Professor Olayinka Nwachukwu, hundreds of members from different OWSD branches in the country participated in the meeting that featured about 200 research paper presentations during the technical sessions which report was presented by the committee chairperson, Prof. Franca Elechi Asawalam, who is the Deputy Vice-Chancellor (Administration) of the host MOUUAU. In the keynote address on 'Breaking the Glass Ceiling,' the Executive Director of the Ghana-based Forum for Agricultural Research in Africa (FARA), Dr Yemi Akinbami, acknowledged that women scientists had achieved excellence in all spheres of science, and stressed the need to urgently focus on the researches that could actualise food sufficiency/security.

Ogun seeks new policy to attract investors, protect farmers

By Ogunsina Adebola

Considering favourable policy that will allow increasing population of youths to be gainfully employed in the agricultural sector, the Ogun State Government in collaboration with German Corporation for International Cooperation (GIZ), is working out modalities for the adaptation of sustainable ideas into the agricultural roadmap of the State.

This indication emerged at a-day seminar organised in Abeokuta, to review and devise inclusive policies to attract investors, protect their

interest and that of the smallholder farmers in the sector.

Speaking at the event, Commissioner for Agriculture, Dr. Adeola Odedina said old policies is no longer applicable, adding that the government as a key player in policy making would continue to involve relevant stakeholders to shape the future of agriculture with the formulation of new policies.

"Ogun State being the largest host to agro-resources and industries, we are elated to witness such an epoch-making event in the history of agricultural practices. We have assembled stakeholders

here today, including foreign investors, to devise plans to promote their interest and investment in the agricultural sector. We need to protect investors and smallholders' farmer, create jobs, food, nutrition and security, which cannot be achieved without formulation of favourable policies", Odedina submitted.

Earlier in his remark, a member of the GIZ team, Mr. Stephen Dada, highlighted the importance of agricultural policy on industrialisation and economic development of any State, assuring GIZ's readiness to join hands with government in the formulation and implementation of reformed policies.

Meanwhile, the ongoing

distribution of free cassava stems, cashew and cocoa seedlings and improved maize seeds was extended to farmers in Ojowo, Ijebu-North Local Government Area of the State.

Dr. Odedina said the planting materials distribution designed to reach at least 40,000 smallholder farmers across the State, was a mandate of the State Governor, Prince Dapo Abiodun towards increasing agricultural yields and standard of living of the farmers.

Appreciating the government on behalf of other beneficiaries, Mrs. Folasade Banjo, said the free planting inputs was a laudable programme, which would greatly impact on their farming activities.

News



USAID launches \$3m grant for young farmers to boost food production in Nigeria

By Fadipe Morenikeji

The U.S. Agency for International Development (USAID) in Nigeria, has launched a COVID-19 Food Security Challenge that will provide \$3 million in grant funding and technical assistance to youth-led and mid-stage companies working in food value chains in Nigeria.

The grant, according to USAID is targeted at boosting food production which had been disrupted by the outbreak of the deadly COVID-19 pandemic.

The Director of USAID Mission in Nigeria, Anne Patterson who disclosed this said, the Challenge will award 15 to 25 youth-led companies up to \$75,000 each and award 10 to 15 mid-stage companies up to \$150,000 each.

She said, winners will receive funding and technical assistance to rapidly expand their activities to mitigate the effect of COVID-19 on Nigeria's food value chain and improve the resilience of vulnerable households to the negative impacts of the pandemic.

Patterson said: "Nigeria is experiencing food insecurity compounded by the COVID-19 global pandemic

and its effects on the food value chain in the country.

"The pandemic has disrupted already fragile agricultural value chains, especially smallholder farmers' ability to produce, process, and distribute food.

"This disrupts agricultural productivity and markets, and negatively impacts livelihoods, especially among vulnerable households, women, and youth.

"We are launching the COVID-19 Food Security Challenge to help innovative Nigerians alleviate food insecurity."

"This assistance encourages private sector-led solutions to boost food production, processing, and create market linkage along the agriculture value chain in a sustainable way across Nigeria."

In launching the Challenge, USAID seeks commercially viable youth-led and mid-stage companies already working in food production, processing, and distribution. Successful applicants will present ideas that demonstrably help farmers and other stakeholders in the agricultural value chain increase agricultural productivity and food security within the next six months.

Ogun moves to fast track agric value-chain in rural communities

By Olufemi Adediran

The Ogun State Government, has commenced operations to fast track agricultural production and its value-chain to further ensure food security, job opportunities and industrialisation in the State.

The agricultural programmes will be implemented by the Ogun State Economic Transformation Project (OGSTEP).

The Environmental Consultant of OGSTEP, Prof. Kola Adebayo, made this known during a familiarisation tour to Saibu Community and Olibori Village in Obafemi Owode Local Government Area, saying the exercise was to verify and get acquainted with farmers in the rural communities who had showed interest in the Project.

Adebayo hinted that OGSTEP is a World Bank-assisted project that would run for five years, aimed at contributing to the economic transformation of the State,

saying it would assist farmers with viable business plan that would link them to off takers, towards improved turnover of farm commodities.

He stated that the Project would also bring about rural infrastructure, ranging from storage facilities, irrigation system and feeder roads for easy transportation of goods, urging beneficiaries to participate actively, in order to benefit from the scheme.

Adebayo said: "By the time this Project runs its course, value addition will be a core component of agriculture in Ogun State, and the objectives of job creation and enhancement of farmers' income will be achieved, while the economic landscape of the State through agriculture will also thrive".

Speaking on behalf of the farmers, Mr. Joseph Adenekan, applauded the State government for the initiative, expressing optimism that it would boost their knowledge, launch them into practical modern farming and improve their standard of living.

Insecurity: Onion scarcity looms as onion Producers suspend supply to South/East

By Quadri Olamide

The Onion Producers and Marketers Association of Nigeria (OPMAN) says it will henceforth cease to supply onion to the SouthEast following the heightened level of insecurity in the region.

Making this known to newsmen, the National President of OPMAN, Aliyu Isah, said the association's decision was based on the recent hijack of two of their members' trucks by gunmen. Two truckloads of onions from the North were intercepted and raided by the

gunmen.

In a related development, onion farmers in Sokoto State lost goods worth N2.4 billion to a fire incident. The cause of the fire was still unknown but one of the victims, Umaru Aliyu Gidan Fadama, said that the fire started at about 12.30am on Wednesday, June 2, from Yan doya market otherwise known as Ramin Kura.

"We were told that it started from a Golf vehicle that was offloading yams at the market and later spread to other places including where our storage facilities are.

"I personally lost 60 bags of onion and I know some that have lost more than 100

bags," he said

The chairman of the onion association while commenting on the incident, said the fire incident could

lead to a serious onion crisis in the country because most of the affected producers and marketers had lost their investment.

Food production: Ogun trains more youths On modern farming techniques

By Onifade Olusegun

As Ogun State Government continues to enhance agricultural production, it has put arrangement in place to train youths, including secondary school students on different agricultural vocational skills, through the Ogun State Economic Transformation Project

(OGSTEP).

Commissioner for Agriculture, Dr. Adeola Odedina, disclosed this in Abeokuta, while playing host to Members of Catfish Association of Nigeria (CAFAN), saying the initiative would be an added advantage to the earlier intervention programmes in the State.

Odedina, represented by the Permanent Secretary in the Ministry, Dr. Dotun Sorunke, said the Ministry has strong relationship with different fishery associations in the State, and had linked them to various opportunities such as training, funds, among others.

"National record has shown that Ogun State has the highest fish hub in West Africa, in capacity and size. We are ready to support more farmers in different commodities. Any association that wants opportunity in agriculture should come and register. Don't practice in isolation, be visible for us to know you. Come to us for capturing and we will engage you", he said.

Earlier in his presentation, Chairman CAFAN, Mr. Samuel Olubodun said lots of value-chain opportunities abound in catfish farming, which the young ones should learn early in life as a means of livelihood, noting that Agriculture and vocational skills should be made lucrative and inculcated in children, irrespective of the profession they choose later in life.

FG reiterates commitment to food security

By Ogunsola Adebola

The Federal Government, has restated its commitment to boosting farming and ensure food security by providing the enabling environment for agriculture.

Speaking during the 45th yearly conference of the Soil Science Society of Nigeria (SSSN), held at Bowen University, Iwo, Osun State, the Minister of Agriculture and Rural Development, Sabo Nanono, said the government was trying its best through the creation of enabling environment and giving special interventions that would boost food production and enhance the livelihood of the people.

The Minister was represented by Mr Gbenga Awe, of the Agricultural Land and Climate Change Management Services of

the ministry. He said the ministry was making efforts to support food sustainability across the country.

"The ministry is concerned about the food security in the country, we are creating enabling environment to boost food production, and that is why we take agriculture as a priority sector by evaluation of the potential of our soil for agricultural production," he said.

He lamented rising insecurity in the country,



Sabo Nanono
Min. of Agric. & Rural Dev.

saying that the situation had become a threat to farmers across the nation, leading to food shortage. The Deputy Governor of Osun State, Mr Benedict Alabi, described the theme of the conference, 'Understanding Soil Organic Matter dynamics: Key to sustainable ecosystem health and food security,' as germane and apt in the context of the present challenges in the world. President of SSSN, Prof. Basiru Raji, said that mechanisation was the only way of tackling food security so as to eradicate poverty in the nation. In his remarks, the Vice Chancellor of Bowen University, Prof. Joshua Ogunwole, who also doubles as the chairman, Local Organising Committee (LOC) of the programme, stated that the university had enjoyed tremendous support from the Osun State government.

News

Ogun revives 'Young Farmers' Club' in schools

By Onifade Olusegun

In its bid to instill agricultural practice in students, the Ogun State Government it has concluded plans to revive the 'Young Farmers' Club' and establish demonstration farms in schools across the State.

The Commissioner for Agriculture, Dr. Adeola Odedina, revealed this while hosting some students in his office at Oke-Mosan Abeokuta, in commemoration of the year 2021 Children's Day celebration, facilitated by the Chairman, Association of

Nigerian Authors (ANA), Mr. Paul Oni.

Odedina stated that one of the agricultural initiatives of Governor Dapo Abiodun was the 'Catch them Young' programme, which would be implemented in collaboration with the Ministry of Education, Science and Technology, saying, "we are also going to attach Agricultural Science teachers to the Ministry of Agriculture".

Speaking earlier, Oni who regarded children as influencers that could make agricultural landscape more

vibrant, appreciated the present administration's giant strides in the sector, noting that indigenes had

benefitted immensely in various empowerment programmes for farmers.

Highlight of the visit was the presentation of Award to Odedina for the exceptional way he had driven the State's

agricultural sector, while packs of branded 'gari' were given to each of the children, alongside cassava chips.



Two fish sellers killed ...as car runs into stationary truck

By Adebayo Bidemi

Two persons lost their lives, while three others sustained varying degrees of injury on Monday in a crash involving a Nissan Sentra car and a Mack truck at Adedero village on the Abeokuta-Sagamu Expressway.

The spokesman for the Traffic Compliance and Enforcement Corps, MD Babatunde Akinbiyi, confirmed the accident.

Akinbiyi explained that the crash occurred around 5.45am, adding that it was caused by reckless driving on the part of the Nissan Sentra driver.

He said, "According to investigation carried out by the TRACE corps rescue team, the driver of the car picked passengers from Kobape inbound Abeokuta before the vehicle ran into a broken down truck at Adedero village as a result of reckless driving and poor visibility.

"The injured victims were rescued before TRACE

corps personnel arrived at the scene, while the combined team of TRACE, the FRSC and the police took the dead victims in the FRSC patrol vehicle to the morgue of the State Hospital, Ijaiye, Abeokuta.

"The sum of N230,620 was retrieved from the dead victims' bodies. One was with N153,620 and the other had N77,000.

"The money has been handed over to the families of the victims.

"We learnt that they were fish sellers going to Abeokuta to buy fish before the unfortunate accident happened."

He commiserated with the families of the victims, while advising drivers to always remove their vehicles from the road in case of a breakdown.

He urged motorists to avoid reckless driving, especially under poor visibility.

Ogun to create 14,000 new jobs through cotton production

By Olufemi Adediran

Ogun State government has disclosed that, it has commenced cultivation of cotton on 4,500 hectares of land as part of efforts to revive the textile industry in Nigeria.

The project which is being executed in partnership with Central Bank of Nigeria (CBN) and Prime Anchor is expected to provide 14,000 direct and indirect jobs in the cotton production sector.

The Chief Press Secretary to Governor Dapo Abiodun, Kunle Somorin, in a statement in Abeokuta, said the farmland located in Aworo-Pedepo in Yewa North Local Government Area of the state, was a follow up to the 10,000 hectares earlier provided to the Cotton Growers

Association in the State.

Somorin explained that, apart from the partnership with the CBN, which according to him will provide the needed fund to the growers, the State government has also entered into a synergy with Prime Anchor to link cotton producers to the industrial processes, especially the Joint Cotton Growers Association of Nigeria and Gateway Cotton processing Limited, in which Ogun owns 20 percent share.

He added that the State Commissioner for Agriculture, Dr Adeola Odedina had led

representative of the National Cotton Association Nigeria, who also doubles as the Regional Manager of Arewa Cotton, Adebayo Olayemi, the Permanent Secretary, Ogun State Ministry of Agriculture, Dr. Dotun Sorunke; Senior Special Assistant to the Governor on Agriculture, Tolu Bankole; Sunday Adegoke of the Department of Tree Crops and others officials in the Ministry of Agriculture, to carry out an on-the-spot assessment of the 4,500 hectares of land.

Somorin disclosed that 18

new tractors have been made available and deployed by the Anchor to facilitate the project, adding "Ogun State Agricultural Development Programme (OGADEP) will also provide free extension services for the beneficiaries to ensure high productivity".

"The 14,500 hectare farmland being cultivated for cotton production is to link farmers and youths who registered on the Ogun State Job Portal for job opportunities in cotton value chain", he submitted in the statement.

PUZZLE

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| ORANGES | PORK | HOT-DOG |
| SALAD | CHICKEN | SPAGHETTI |
| POTATOES | CHEESE | LAMB |
| CHOWDER | CARROT | STEAK |
| SOUP | DUCK | LIVER |
| GRAVY | EGGS | LASGNA |
| BEANS | FRUIT | MACARONI |
| FISH | LOBSTER | QUAIL |
| MUFFINS | CROISSANT | SAUSAGE |
| BREAD | PICKLES | BACON |
| COLESLAW | SHRIMP | STEW |

Cartoon



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Events-In-Pix

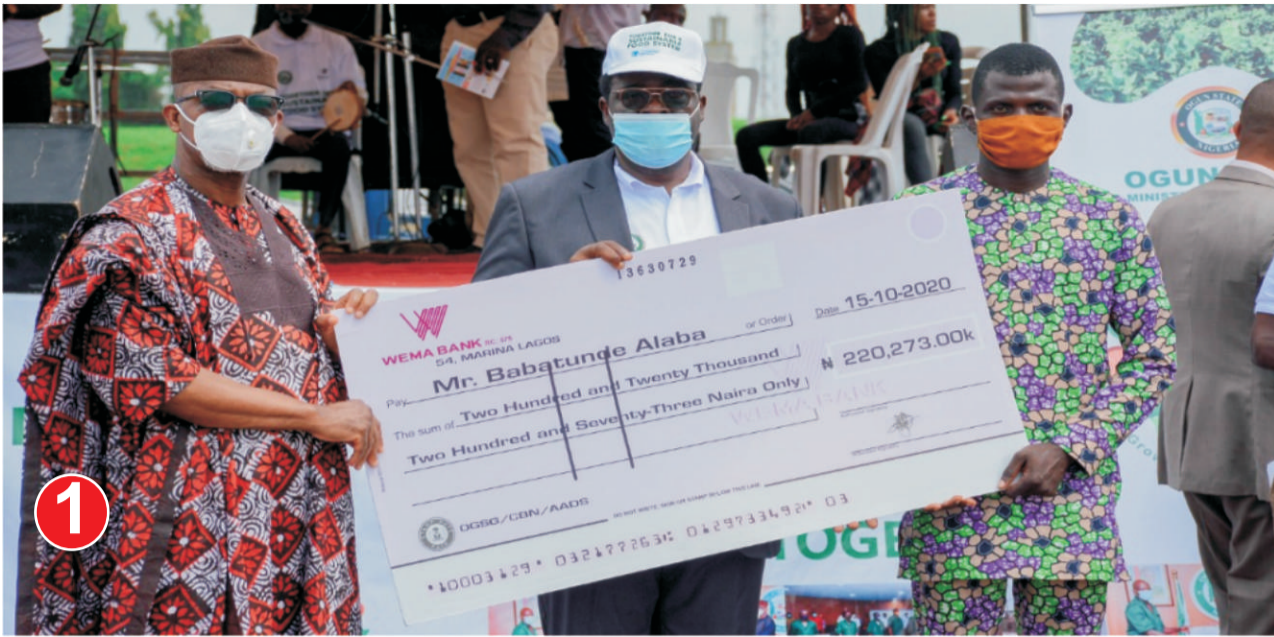


PHOTO CAPTION

1. Governor Dapo Abiodun presenting cheque to one of the beneficiaries of Ogun broiler project after completing the third circle.
2. Governor Dapo Abiodun presenting certificate to one of the beneficiaries of Ogun broiler project after completing third circle.
3. Distribution of farm inputs as palliatives to small holder farmers in Ogun state.
4. Ogun Broiler pen for Youths under the Ogun broiler project.
5. Governor Dapo Abiodun taking delivery of Eco Friendly battery cages donated by Animal care konsult to Ogun state broiler youths at the 2020 world food day celebration in Ogun state.
6. Commissioner for Agriculture, Dr. Adeola Odedina representing Governor Dapo Abiodun during the harvesting of dry season rice at Sowunmi, Obafemi Owode Local government area of Ogun state.

Events-In-Pix



PHOTO CAPTION

1. Free Distribution of Cashew seedlings to farmers at Sagamu Farm Settlement.
2. Free anti-rabies vaccination for dogs at Isara.
3. Agro shop at Oja-Irorun in Oke-Mosan
4. Free Distribution of Cashew seedlings to farmers at Sagamu Farm Settlement.
5. Free Distribution of Cocoa Seedlings to farmers at Idogo, Yewa-South Local Government Area.
6. Commissioning of the Veterinary section of the ministry of agriculture, by the Commissioner for Agriculture, Dr. Adeola Odedina at Isara Remo, Ogun state.

News

By Olufemi Adediran

FG targets 14m pupils in school feeding programme by 2023

The Federal government has disclosed that, it is targeting to feed 14 million school children under the National Home-Grown School Feeding Programme (NHGSFP) by 2023.

The Minister of Humanitarian Affairs, Disaster Management and Social Development, Sadiya Umar Farouq disclosed this in Abeokuta, the Ogun state capital, during a Stakeholders Engagement on Enumeration of Beneficiaries and Scaling up of the programme.

Farouq, who was represented by a Director in the Ministry, Abdul Ramman Babatunde Jaji, said, over nine million pupils benefitted from the one free nutritious meal a day nationwide during the last session.

She added that, the government would be targeting additional five million pupils by 2023.

The Minister said, the government was engaging stakeholders across the country to measure the success and shortcomings of the programme in order to improve on it in the coming session.

She noted that, the stakeholders' engagement on enumeration of beneficiaries and scale up of the programme became imperative to enable the government acquire adequate data of pupils and to also capture more beneficiaries in the next session.

She said, "We are here in Ogun state on the strength our partnership and mutual recognition of the need to do more on the NHGSFP, to bring more Nigerians under the umbrella of the

government's social protection mechanism, to look at scaling up the numbers of pupils benefiting from the programme as directed by President Muhammadu Buhari.

"Over nine million pupils benefited from the one free nutritious meal a day during the school term nationwide and now we have the mandate to reach an additional five million pupils by 2023.

"With over 100,000 cooks employed and more than 100,000 small holder farmers participating in this value chain, the NHGSFP is a serious potential for socio-economic development and it needs to be strengthened, scaled up and sustained".

In his response, the



Secretary to the State Government (SSG), Mr. Tokunbo Talabi lamented that, the number of beneficiaries in the state was reduced from 280,000 to less than 200,000 and urged the Minister to address the issue.

"The feedback we are getting is that there are quite a lot of schools that are yet to be included in the

programme and I will be glad if your team can support our own team to get those schools listed in the programme", the SSG said.

He assured that, the state would do everything possible to ensure that the programme achieve success in the state.

Ogun Agric Ministry expends N534m in six months

By Adesola Oluwaranti

In its efforts towards achieving self-sufficiency in food production, provision of raw materials for agro-based industries, employment generation for improved livelihood of the citizens, Ogun State Ministry of Agriculture says it has expended over N534m within six months.

The Permanent Secretary in the ministry, Dr. Dotun Sorunke, who represented the State Commissioner for Agriculture, Dr. Adeola Odedina, disclosed this while taking turn to present the ministry's mid-year budget performance assessment before the State Assembly Committee on Agriculture and Forestry led by Hon. Abiodun Sylvester at the Assembly Complex, Oke-Mosan, Abeokuta.

The expenses according to Odedina covered recurrent and capital expenditures.

The Commissioner added that within the same period, the Ministry

generated over N158.7m out of its total approved revenue target of N212.1m for year 2021.

He also explained that the revenue was generated through proceeds from licenses, cattle tax, registration of business premises, agricultural/Veterinary services fees, sales of poultry and arable animals, earnings from agricultural produces, rent on government lands amongst others.

Speaking on the allocation of agricultural land, he noted that a total number of sixty-three applications were received from both corporate and individual applicants requesting for a total of 81 hectares of land.

Other agencies who took turn to reel out their budget performance reports included Agro Services Corporation, State Agricultural Development Corporation, State Agricultural Development Programme and State Cassava Revolution Programme and State Forest Plantation Project, Area J4.

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Feature

Everything you need to know about plant based diets

A plant based diet is one that focuses on only or mostly foods from plant sources. This way of eating may have benefits for both a person's health and the planet.

In this article, we look at what a plant based diet is, the health benefits, and what nutritional considerations a person should make before switching.

What is a plant based diet?

Many people interpret a plant based diet as avoiding all animal products. A plant based diet is a diet that involves consuming mostly or only on foods that come from plants. People understand and use the term plant based diet in different ways.

Some people interpret it as a vegan diet, which involves avoiding all animal products. For others, a plant based diet means that plant foods, such as fruits, vegetables, whole grains, nuts, and legumes, are the main focus of their diet, but they may, occasionally, consume meat, fish, or dairy products.

A plant based diet also focuses on healthful whole foods, rather than processed foods.

Health benefits

Following a plant based diet offers many possible health benefits, including:

Better weight management

ResearchTrusted Source suggests that people who eat primarily plant based diets tend to have a lower body mass index (BMI) and lower rates of obesity, diabetes, and heart disease than those who eat meat.

Plant based diets are high in fiber, complex carbohydrates, and water content from fruit and vegetables. This may help to keep people feeling fuller for longerTrusted Source and increase energy use when resting.

A 2018 study found that a plant based diet was effective for treating obesity. In the study, researchers assigned 75 people who were overweight or had obesity to either a vegan diet or a continuation of their regular diet, which contained meat.

After 4 months, only the vegan group showed a significant weight loss of 6.5 kilograms (14.33 pounds). The plant based vegan group also lost more fat mass and saw improvements in insulin sensitivity, whereas those who consumed a regular diet with meat did not.

A 2009 studyTrusted Source on more than 60,000 people also found that vegans had the lowest average BMI, followed by lacto-ovo vegetarians (those that eat dairy and eggs) and pescatarians (people who eat fish but no other meat). The group with the higher average BMI were nonvegetarians.

Lower risk of heart disease and other conditions

A 2019 study from the Journal of the American Heart Association found that middle aged adults who ate diets high in healthful plant foods and low in animal products had a lower risk of heart disease.

According to the American Heart Association, eating less meat can also reduce the risk of:

Stroke; high blood pressure; high cholesterol; certain cancers and type 2 diabetes obesity

Diabetes prevention and treatment

Plant based diets may help people prevent or manage diabetes by improving insulin sensitivity and reducing insulin resistance.

Of the 60,000 people studied in 2009, only 2.9% of people on a vegan diet had type 2 diabetes, compared to 7.6% of those eating a nonvegetarian diet.

People eating vegetarian diets that included dairy and eggs also had a lower risk of type 2 diabetes than meat eaters.

Researchers have also looked at whether following a plant based diet can help treat diabetes. The authors of a 2018 reviewTrusted Source indicate that vegetarian and vegan diets could help people with diabetes reduce their medication needs, lose weight, and improve other metabolic markers.

The authors suggested that doctors might consider recommending plant based diets to people with prediabetes or type 2 diabetes. While veganism showed the most benefits, the researchers stated that all plant based diets would lead to improvements.

People wanting to try a plant based diet should try one that they think they can follow long term.

For more science-backed resources on nutrition, visit our dedicated hub.

Foods to eat



People should focus on eating the following food groups when transitioning to a plant based diet:

Fruits

People who follow plant based diets can eat all types of fruit. A plant based diet includes all fruits, such as: berries; citrus fruits; bananas; apples; grapes; melons; avocado and Vegetables

A healthful plant based diet contains plenty of vegetables. Including a variety of colorful vegetables provides a wide range of vitamins and minerals.

Examples include: broccoli; kale; beetroot; cauliflower; asparagus; carrots; tomatoes; peppers and zucchini

Root vegetables are a good source of carbohydrates and vitamins. They include: sweet potato, potatoes, butternut squash, beets and Legumes

Legumes are an excellent source of fiber and plant based protein. People can include a wide variety in their diet, including: chickpeas, lentils, peas, kidney beans, black beans and Seeds

Seeds are a great snack or an easy way to add extra nutrients into a salad or on top of a soup.

Sesame seeds contain calcium Trusted Source and sunflower seeds are a good source of vitamin E. Other seeds include: pumpkin, chia, hemp, flax and Nuts.

Nuts are a good source of plant based protein and vitamins, such as selenium and vitamin E., brazil, almonds, cashews, pecans, macadamia and pistachios

Healthful fats

It is vital to consume polyunsaturated and monounsaturated fats, as well as omega-3 fatty acids. Plant based sources include: avocados, walnuts, chia seeds, hemp seeds, flaxseed, olive oil, canola oil

Whole grains

Whole grains are an excellent source of fiber and help maintain stable blood sugar. They also contain essential minerals, such as magnesium, copper, and selenium. Examples of whole grains include: brown rice, oats, spelt, buckwheat, quinoa, wholegrain bread, rye and barley

Plant based milk

If people want to reduce their dairy intake, there is a wide range of plant based milk available in grocery stores and online. These include: almond, soy, coconut, rice, oat and hemp. Just make sure to choose unsweetened plant milk options.



Eating a diet higher in plant foods and lower in animal products can have many health benefits, including weight loss or maintenance and a lower risk of heart disease and diabetes. If people want to make the switch to a plant based diet, they can start by gradually reducing their meat and dairy intake. Eating an entirely plant based meal once a week, or swapping out one animal product for a plant based one, can be an excellent place to start.

Foods to avoid

Just reducing or eliminating animal products does not automatically mean a plant based diet is healthful. It is also vital to reduce or avoid unhealthy foods, such as: processed foods, sugary foods, such as cakes, biscuits, and pastries, refined white carbohydrates processed vegan and vegetarian alternatives that may contain a lot of salt or sugar excess salt, fatty, greasy, or deep fried foods

Recipes to get started

The following recipes can help a person get started with a plant based diet: Breakfast, apple cinnamon baked oatmeal almond, wild blueberry, and flax smoothie tofu scramble

Lunch:- Tuscan bean salad, butternut squash

soup, rosemary balsamic roasted vegetables

Dinner:- quinoa salad, cauliflower pizza, chili non carne

Dessert:- apples with almond apricot sauce, dark chocolate covered figs, peanut butter cup energy bites

Snacks:- peanut butter banana protein bars, basic hummus salt and cinnamon kale chips

Considerations

Before starting a plant based diet, people should ensure they take steps to get enough of the following nutrients:

Vitamin B-12

Vitamin B-12 is an essential nutrient for blood and cell health. B-12 deficiency can lead to anemia and nerve damage. B-12 is present in many animal products but not in many plant based foods.

People who eat a vegan or even a vegetarian diet could consider taking a B-12 supplement or consume products fortified with B-12. Foods include some cereals, plant based milk, and nutritional yeast.

Iron

People following a plant based diet may have to ensure they get enough iron in their diet, as it has lower bio availability trusted source in plants than meat. Plant based foods that are a good source of iron include: kidney beans, black beans, soybeans, spinach, raisins, cashews, oatmeal, cabbage, tomato juice and dark leafy greens

Make sure to combine citrus and other vitamin C sources with plant based sources of iron to increase absorption.

Protein

Some people may have concerns about getting enough protein from a plant based diet. However, there is a wide variety of plant based sources of protein, including: lentils, chickpeas, quinoa, beans, such as kidney, pinto, or black beans, tofu, mushrooms, nuts and seeds

Consuming proteins from a variety of food sources can help provide all the necessary amino acids for good health. For example, people could add a handful of seeds or a spoonful of hummus to tofu or beans.

Omega-3 fatty acids

Person following a plant based diet may wish to consider taking an omega-3 supplement. Omega-3 fatty acids are essential as they help reduce inflammation, memory loss, and other chronic conditions, such as heart disease. The two primary omega-3 fatty acids are EPA and DHA.

Fish, seafood, and animal products, such as eggs are among the primary sources EPA and DHA.

While several plant based foods, such as walnuts, hempseed, and flaxseed, contain omega-3 ALA, research shows that the body is slow and inefficient at converting ALA to EPA and DHA. Some people are also genetically at risk for poor absorption of ALA.

Vegetarians exhibit lower levels of DHA and EPA in blood and tissue, which may increase inflammation, memory difficulties, brain fog, and other effects. People following a plant based diet might want to consider taking an omega-3 supplement.

Some dietitians advise vegetarians to reduce the amount of pro-inflammatory linoleic acid they consume. Soybean, corn, sunflower, and safflower oils contain linoleic acid.

Summary

Eating a diet higher in plant foods and lower in animal products can have many health benefits, including weight loss or maintenance and a lower risk of heart disease and diabetes.

If people want to make the switch to a plant based diet, they can start by gradually reducing their meat and dairy intake.

Eating an entirely plant based meal once a week, or swapping out one animal product for a plant based one, can be an excellent place to start.

People may also wish to speak to a doctor or dietitian before making significant changes in their diet.

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- B.Sc. Physiology
- B.Sc. Anatomy

POSTGRADUATE

- Postgraduate Diploma (PGD) in Computer Science
- M.Sc. Computer Science
- M.Sc. Information and Communication Technology
- M.Sc., MPhil/PhD in Biochemistry
- M.Sc., MPhil/PhD in Microbiology
- Postgraduate Diploma (PGD) in Economics
- M.Sc. Economics
- Postgraduate Diploma (PGD) in Mass Communication
- M.Sc., MPhil/PhD in Mass Communication
- Postgraduate Diploma (PGD) in Accounting
- M.Sc. Accounting
- M.Sc. Architecture
- M.Sc. Business Administration
- MBA Business Administration

● UNDERGRADUATE PART-TIME DEGREES ALSO AVAILABLE ● JUPEB AVAILABLE

ADMISSION IS OPEN TO ALL REGARDLESS OF RELIGION, GENDER OR RACE

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