

Afghan Nutrition Guide

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The Afghan Nutrition guide was a collaborative effort between UW SPH, EthnoMed, and UW medicine and multiple members of the Afghan community.

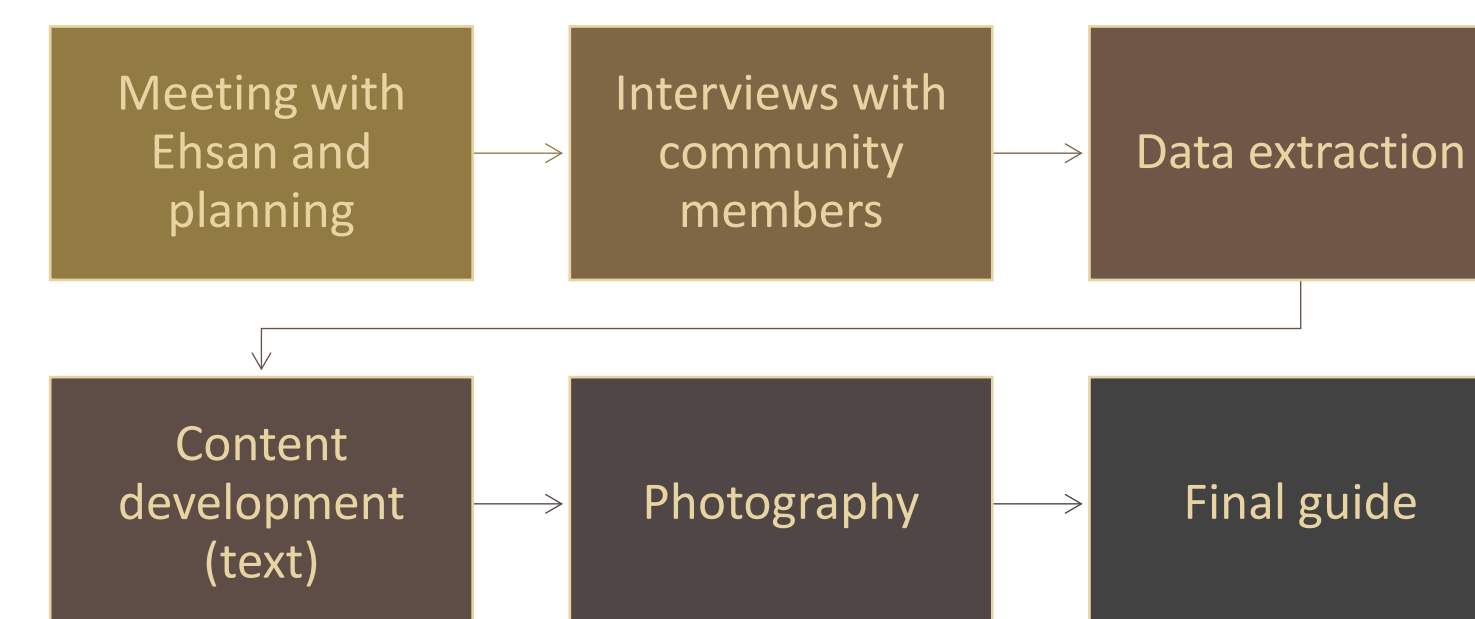
It provides culturally appropriate nutrition education to people of Afghan descent living in the US.



Statistics about Afghan immigration in the US

- > Between 2010 and 2022, Afghan immigration quadrupled from 54k to 194k.
- > Between 2018-2022, the greater Seattle area had approximately 5,000 Afghan immigrants.
- > The greater Seattle area is the 6th US city with the biggest population of foreign-born Afghans.

Creation process



Components of the guide

The guide was based on the 2020-2025 Dietary Guidelines for Americans. It had the following components:

- **Food Components & Nutrients:** Nutrients, Nutrition, Carbohydrates, Proteins, Lipids, Minerals & Vitamins and Water
- What a **balanced diet** looks like
- **Special diets:** Nutrition for Pregnancy and Breastfeeding, Nutrition for Children, Nutrition for Diabetes and Nutrition during Ramadan
- **Food safety**
- A **visual guide** on Common Afghan Foods



Food components section photography

Interviews

7 community members

- ❖ Interviews in their own language, with translator.
- ❖ We visited their home and provided a gift card to thank them for their time
- ❖ All conversations were recorded after consent was granted
- ❖ English portions of the conversations were transcribed
- ❖ Extracted ingredients, practices and beliefs to adequately create the nutrition guide

An interview home visit

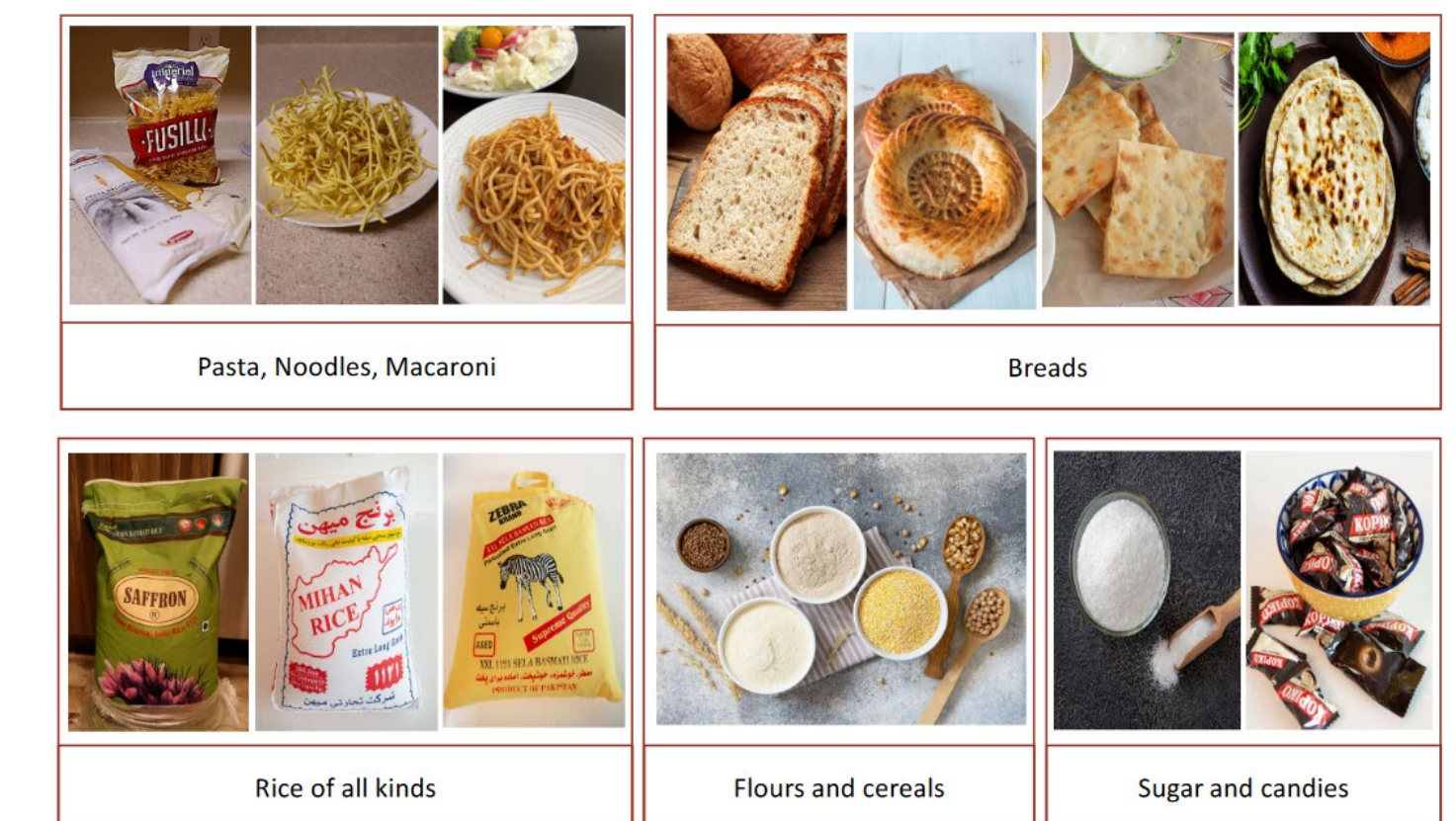


Interview guide

The interview guide explored the food culture and dietary habits of Afghans living in the Seattle area, covering staple foods, common ingredients, and typical meal patterns.

It also examined cultural, social, and religious aspects of eating, including communal dining, celebration foods, and Ramadan practices. Finally, it addressed maternal and child nutrition, traditional food beliefs, and potential differences across Afghan communities.

Common sources of CARBOHYDRATES in an Afghan Kitchen



Example of common Afghan foods included in the guide

Photography

Majority of the photography was done by Nityia Przewlocki

Common kitchen ingredients

Kabul restaurant

Meals cooked by interviewees



An example of a balanced Afghan food plate.