



Guinea-Bissau



Wild, Natural & Sustainable®

Wild Alaska Canned Herring

Alaska Global Food Aid Program

The positive effects on the health of the participants in Liberia, especially in people living with HIV/AIDS, and its high acceptability there prompted more projects to assess the health impacts of Wild Alaska Canned Herring. In Guinea-Bissau, three villages were enrolled in a large scale randomized clinical trial to explore the nutritional benefits of the project, specifically in reducing the amount of weight lost by villagers during the lean season, before crops are harvested.

ASMI's Food Aid and Nutrition Consultants brought in their research colleagues from Tufts University Friedman School of Nutrition Science and Policy, and partnered with the International Partnership for Human Development and the Ministries of Health and Education. The project focused on the effects of herring consumption on growth, body composition, and development of 450 pre-school children, aged 2-5 years, and their families. This is unique as it used within-village randomization, allowing a smaller sample size to yield statistical significance to the findings. This is the first study in Africa to include body measurements on fathers. Baseline and end-line data included weights, heights, and mid-upper arm circumference. The acceptability of the herring and the children's consumption patterns were also assessed at end-line.



The researchers found that children who ate one serving of Wild Alaska Canned Herring per day over the nine-week study period lost less weight than children who did not receive herring. This difference in weight loss was statistically significant, indicating that larger rations of Canned Herring during the pre-harvest period could help children maintain weight. The herring was also greatly enjoyed by the children in their families, making it an acceptable and feasible option to improve diets and health outcomes during lean times and for safety net programs.