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| Supplemental table 1. Food group consumption distribution among women of child bearing age (15-49 yrs, n=118) during dry/lean season in northern Ghana |
| **Food group consumed** |  | **n(%)** |
| Grains, white roots and tubers, plantain | Yes |  | 117(99.2) |
| No |  | 1(0.8) |
| Dark green Vegetables | Yes |  | 85(72.0) |
| No |   | 33(28.0) |
| Other Vitamin A - rich fruits and vegetables | Yes |   | 3(2.5) |
| No |   | 115(97.5) |
| Other vegetables | Yes |  | 69(58.5) |
| No |  | 49(41.5) |
| Meat, poultry and fish | Yes |   | 0(0.0) |
| No |   | 118(100.0) |
| Eggs | Yes |   | 1(0.8) |
| No |   | 117(99.2) |
| Dairy | Yes |   | 0(0.0) |
| No |   | 118(100) |
| Pulses (beans, peas and lentils) | Yes |   | 20(16.9) |
| No |   | 98(83.1) |
| Nuts and seeds | Yes |   | 115(97.5) |
| No |   | 3(2.5) |
| Other Fruits | Yes |   | 18(15.2) |
| No |   | 100(84.8) |

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| Supplemental table 2. Food group consumption distribution among toddlers (6-23 mo, n=121) |
| **Food group consumed** |  | **n(%)** |
| Grains, roots and tubers | Yes |  | 92(76.0) |
| No |  | 29(24.0) |
| Vitamin A - rich fruits and vegetables | Yes |   | 59(48.8) |
| No |   | 62 (51.2) |
| Other fruits and vegetables | Yes |  | 47(38.8) |
| No |  | 74(61.2) |
| Fleshy foods | Yes |   | 0(0.0) |
| No |   | 121(100.0) |
| Eggs | Yes |   | 1(0.8) |
| No |   | 119(99.2) |
| Dairy products | Yes |   | 0(0.0) |
| No |   | 121(100) |
| Legumes and nuts | Yes |   | 85(70.2) |
| No |   | 36(29.8) |