



Food and Agriculture
Organization of the
United Nations

THE CASE FOR AQUATIC BLUE FOOD IN ACHIEVING SDG 2 (ZERO HUNGER)

Reducing hunger and improving nutrition outcomes

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Ms. Sitilitha Masangwi is a food composition expert with a strong foundation in data collation and compilation. She currently serves as a food composition data compiler at the Lilongwe University of Agriculture and Natural Resources. Ms. Masangwi played a vital role in the development and publication of the first ever Malawian food composition table.

In 2021, she joined FAO's Food and Nutrition Division as a food composition data consultant and contributed to the development and updating of several food composition tables and databases including FAO/INFOODS Global Food Composition Table for the Supply Utilisation Accounts, FAO/INFOODS Global Food Composition Database for Fish and Shellfish (uFish), and the Fish Nutrients database. Her work has helped to improve data access on the nutritional value of fish, which highlights the important role that fish plays in food and nutrition security globally.

Her educational background includes a BSc. In Nutrition and Food Science from the University of Malawi and an ongoing MSc. Studies in Human Nutrition at LUANAR.