

IAEA-CN-217--12P

Acceptability of Weaning Mixes from Locally Available Foods

Dr. THWIN, Theingi¹

¹ *Department of Medical Research, Myanmar*

Corresponding Author: ttgthwin16@gmail.com

Two types of legume-based (lentils/chickpea) and two types of fish-based (carp/catfish) formulas have been made in the form of dry powder, from locally available foods. By analysis of the nutrient composition of formulas, the lentil formula provides 410 calories (11.7g of protein), chickpea formula (418 calories, 13.5g of protein), catfish formula (428 calories, 16.1g of protein) and carp formula (432 calories, 15.8g of protein) in 100g dry weight of each formula. All the formulas were adequate in protein and energy density to meet the WHO recommended value for nutrition needs of 6-12 months old infants. The results of bacteriological analyses showed all the samples were within the recommended microbiological limits for dried products requiring preparation with boiling water. No physical changes were observed when the formulas were stored in sealed plastic bags at room temperature for 6 months. Developed products were evaluated for their acceptability by a panel of 20 persons using 4-point Hedonic Rating Scale. Results from sensory analysis showed that catfish formula obtained highest score for its color, lentil formula for its aroma and taste, and the lowest to carp formula. In the acceptability trials done on 25 children, 82%-90% of the mothers reported that the mixes were acceptable to their children. No adverse side effects were noticed. More than half of the mothers reported their children refused to eat other family foods and showed an obvious preference for the mixes, especially the one made by lentil.