

# Improvements in clinical nutritional status of malnourished pre-school children after supplementation of soyachakali

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Malnutrition is a world wide health issue. It imposes a toll on child mortality, 53 per cent of deaths in children under 5 years in age are nutrition related in world wide. Hence, to overcome with this innovations are made in traditional food products to feed malnourished pre-school children. Supplementary feeding programmes are the emerging need in under nutrition for vulnerable segment in the population. Hence, supplementary food soyachakali was formulated and evaluated for its organoleptic qualities like taste, texture, flavour and over all acceptability. Highly scored soyachakali was selected for feeding. The nutritional qualities likes major nutrients such as energy(465.0kcal), proteins (19.3 g) and fats (20.8 g) contents were found more in soyachakali. The micro nutrients such as iron (4.9 mg), zinc (2.1 mg) and calcium (245.5 mg) were also observed higher range in soyachakali. It was also noted that it contained, very less antinutritional factors. It has shown better keeping qualities upto two months when stored in a high gauge package at room temperature. Soyachakali has also shown very low production cost. Hence, found very cheap and affordable to the below poverty line group of children. The soyachakali was given @ 50g/ child/day. The clinical signs and symptoms about deficiency diseases in experimental group of preschool children were examined after every month till the end of experimental period (*i.e.* 6 months). Significant changes in clinical examination of hair, face, lips, eyes, ears, throat, skin, bones and joints, nails and abdomen shown after supplementation of soyachakali in pre-school children.

**Key Words :** Clinical nutrition status, Soyachakali, Supplementary feeding

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