

Nutritional evaluation of a mixture powder (fruits, vegetables and pulses) for children as supplementary food

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Supplementary food was prepared by multipurpose flour or powder like carrot powder, papaya powder, black gram dhal, groundnut powder in the ratio of 10:10:60:15. This mixture powder was used for preparation of different food products such as matharies, puris, laddoos. Results showed that protein content was higher in matharies whereas, calcium and fat was found higher in puris. Hence, these supplementary foods powder may be used as high density, protein, vitamin and mineral supplement to overcome protein-energy malnutrition and vitamin deficiency diseases in infants.

Key Words : Mixture powder, Nutritional characteristics, Supplementary food

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