

# An assessment of complementary feeding practices in mothers of Udaipur

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■ **ABSTRACT** : Proper feeding practices during infancy are also essential for attaining and maintaining proper nutrition, health, and development of infants and children. Objective of doing this study is to assess the knowledge about weaning food and its practices. The study was conducted among 100 mothers of Udaipur community to assess the knowledge regarding complementary feeding practices on infant. It is good indication that majority (100%) was aware about the immunization of their child. Data depicted that majority of the subjects (80%) started weaning of their infants in 4-6 months and few (10%) were started from 3-4 months. Observations shows that weaned infants were given liquid and semi solid and ready to eat foods. Fruit juice (20%), dal soup (40%), veg soup (10%) and dal (50%) given to infant as liquid form. Most of the subjects were giving their kid soft chapati as solid food form because it's major part of family diet.

■ **KEY WORDS**: Feeding practices, Infant, Knowledge

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