

## Development and evaluation of low cost nutrient dense supplements for children (1-3 years)

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■ **ABSTRACT** : Nutritional status in children is most vulnerable during the weaning stages when both macro and micro nutrients may be insufficient to maintain growth and development. The pattern of supplementary feeding during the first year of life is increasingly recognized as important determinants of malnutrition. The present study was conducted leading the objective to fulfill the nutritional requirement of children in early years of life as it is the growing period of physical as well as mental development of children. The main point that should be considered while planning that one serving should fulfill 1/6 nutritional requirement. The recipe was analyzed in its nutrient content using AOAC method and the result showed the nutrient content of one serving of the recipe as compared to calculated. The nutrient comparison between calculated value and analyzed value of the supplement (A) showed that the analyzed value of moisture, protein, fat were 4.5, 6.6g, 8.9 g, respectively, that was as same as calculated. The carbohydrate and energy content were 37.2 g, 249.8 kcal, respectively. Nutrition composition of supplement (B) showed moisture, protein, fat 5.79g, 5.32g, 15.4 g, respectively. The carbohydrate and energy content were 35.39 gm, 250.16 kcal, respectively. Both planned supplements were low cost as the price for one serving was less than Rs. 5 The nutrient analysis showed that supplements were nutrient dense, having rich amount of energy, protein, fat those are essential for growth and development of children.

■ **KEY WORDS** : Evaluation, Supplement, Low cost nutrient

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