



TOPIC:Formulation and Acceptability of Blended Weaning Mix by Addition of Banana Peel Powder with Pearl Millet, Wheat and Ground Nuts.

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ABSTRACT

Weaning food is most important part of infant life stage. the most infants begin to eat complimentary semisolid foods. In emerging country like India hunger is one of the major problem due to lack of micronutrients like vitamins and minerals especially vitamin A, iron and zinc. Cereal gruel is the common supplementary foods in low-income countries, and it is usually low in energy and protein, thus increase in protein-energy malnutrition among deprived weaning aged children. In this perspective, the current study was conducted to formulate the weaning mix by partly adding banana peel powder with malted pearl millet, malted wheat flour, groundnuts with banana peel powder. Three weaning mix formulations were prepared by incorporating 5%, 10%, 15% of banana peel powder and by adding malted pearl millet, wheat flour and groundnuts, and were designated as WM001, WM002, WM003, WM004. The formulations were compared with non-germinated pearl millet, wheat flour and groundnut without banana peel powder weaning mix which was used as control sample (WM001). The three formulated weaning mix were compared with control sample with respect to their sensory attributes. Among three weaning mix accepted sample and control was analysed proximate composition by using association of official analytical chemist (AOAC) methods. The data revealed that among three weaning mix sensory acceptable formulated weaning food was WM002, which can be prepared by mixing 35% of pearl millet, 35% wheat flour, 5% sugar, 20% groundnut, 5% banana peel powder. With respect to proximate analysis sensory accepted weaning mix contain 10.52% protein, 64.7% carbohydrate, fat 15.40%, energy 443.4 kcal and in control sample 11.28% protein 64% carbohydrate, fat 15.77, energy 439 kcal respectively, there was no much difference was observed between control and accepted weaning mix sample with respect proximate analysis.

Key Words; Weaning Mix, Pearl Millet Wheat Flour, Sensory Attributes.

Biography

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My self Rakshitha. N second year MSc student Department of Clinical Nutrition and Dietetics SDUAHER Kolar. My area of research in community nutrition and i have done project on weaning food formulation. I have presented a poster in the national e-poster competition on occasions of World Food Day 2020 conducted by department of Clinical Nutrition and Dietetics, SDUAHER and University of Horticulture Science Bagalkot.