

Formulation and Demonstration of High Nutrient Density Foods to Adhidraavidar Mothers

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KEYWORDS High Nutrient Density Foods. Germination. Sensory Evaluation. Demonstration. Adhidraavidar Mothers

ABSTRACT Low cost weaning foods namely *ladoo*, *kheer*, *halwa* and *puttu* were developed in the laboratory using germination and malting processes. The experimental formulations were based on germinated kodomillet, pulses (Green gram and Bengal gram) and roasted groundnut in the ratio of 75:25. All the formulations were evaluated thrice for their acceptability by a panel of judges using a hedonic scale. Nutrition education about weaning foods through demonstration method are given to the selected Adhidraavidar mothers and its impact was assessed. Results showed that all the experimental formulations were found to be acceptable obtaining moderately to extremely good scores ranging from 7.00 to 8.30. About 17.7 per cent increase in knowledge among the Adhidraavidar mothers was brought attained after the demonstration study about the weaning foods. Thus, the study helps to increase the nutritional knowledge about weaning foods among the selected Adhidraavidar mothers.