

Complementary Food & Feeding Guidelines – Assam Mix

Adequate nutrition during infancy and early childhood is fundamental to the development of each child's full human potential.

It is well recognized that the period from birth to two years of age is a “critical window” for the promotion of optimal growth, health and behavioral development.

Longitudinal studies have consistently shown that this is the peak age for growth faltering, deficiencies of certain micro nutrients, and common childhood illness such as diarrhea.

After a child reaches 2 years of age, it is very difficult to reverse stunting that has occurred earlier. The immediate consequences of poor nutrition during these formative years include significant morbidity and mortality and delayed mental and motor development.

In the long term, early nutritional deficits are linked to impairments in intellectual performance, work capacity, reproductive outcomes and overall health during adolescence and adulthood.

Poor breast feeding and complementary feeding practices, coupled with high rates of infectious diseases, are the principal proximate causes of malnutrition during the first two years of life.

Complementary Food :

The process of giving an infant other foods and liquids along with breast milk or non- human milk as breast milk alone is no longer sufficient to meet the nutritional requirements.

Use micro nutrient rich complementary foods or vitamin-mineral supplements for the infant as needed.

These foods should complement rather than replace breast milk. Do not use the term “WEANING”

Weaning is the process of gradually introducing an infant mammal to what will be its adult diet and withdrawing the supply of its mother's milk. The process takes place only in mammals, as only mammals produce milk.

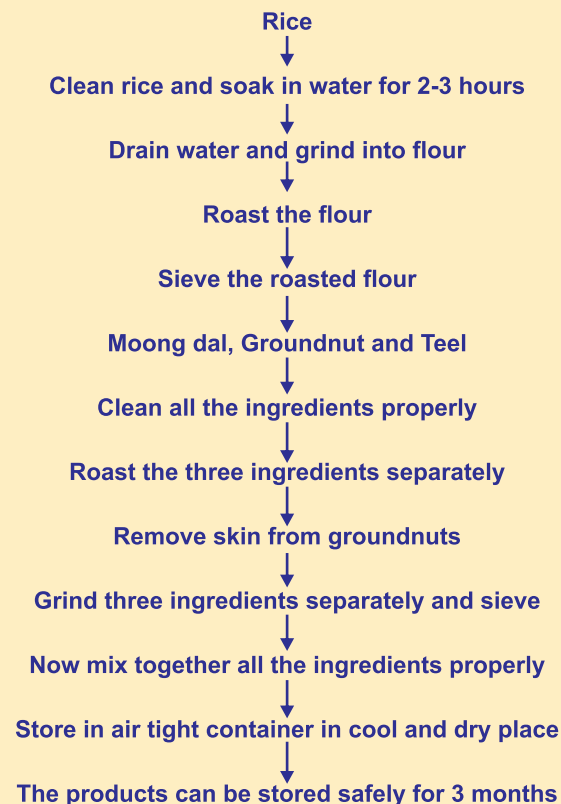
ASSAM MIX :

It is a promising complementary food developed by Dr. Basanti Baroova, a retired professor and head, Department of Food Science and Nutrition, Faculty of Home Science, Assam Agriculture University. Assam mix is prepared using locally available food stuff including cereals, pulse and oilseed combination. As per the guidelines from ICMR, weaning food should have combinations of ingredients like cereal, pulse, and oilseed from easily available local sources.

“Assam – Mix” was developed following the guidelines provided by ICMR. Ingredients and proportions of the mix are as –

- ◆ Rice Flour – 70gm
- ◆ Green gram flour (Moong dal) – 20gm
- ◆ Sesame (White Teel) – 5g
- ◆ Groundnut – 5g

Processing method –



Quantity Per Feed		Feeds / day
Assam Mix	Stock / Milk	2 to 3 feeds / day
20gm	100ml	

Please wash your hands before preparing Assam Mix. Use only clean utensils –

1. Boil Milk or Water and allow it to cool down to lukewarm till.
2. Stir in recommended quantity of Assam Mix until smooth paste is formed.
3. Other liquid such as Dal, vegetable soup, fruit juice and mashed fruits can be added.



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