

## **Combating Malnutrition ( High Nutrient efficiency diet)**

**Source:** This formula is designed by KVK taking the base of Soybean processing Unit, CIAE, Bhopal.

**Problematic Area:** Malnutrition, Micronutrient deficiency, Weakness, Morning sickness

**Beneficiary Group :** pregnant women, children, elderly etc.

### **Ingredients:**

**Soybean Flour:** 0.5 Kg ( Soak the soybean overnight, Rub next morning through hands and remove the outer layer by rinsing it thoroughly in water, spread the dal in sunlight for 3 days covering it with muslin cloth, let it dry completely and grind the dal to get flour)

**Wheat flour:** 1 kg

**Gram flour(Besan):** 0.5 kg

**Lactogen powder( Stage 1):** 1 kg

**Sesame seeds (white):** Roasted dry, 200 gm

**Peanuts :** Roasted dry and dehusked, 200 gm

**Sugar (Powdered):** 1 kg

**Cardamom:** few (to taste)

**Clarified butter(ghee):** 250 gm(optional)

### **Method:**

Dry roast the wheat flour, soybean flour and besan separately (As the smoking point is different for different ingredients) till golden in colour and fragranced.

Cool the above flours completely 100 percent.

Dry roast the sesame seeds and peanuts( till the aroma) and grind them as fine powder.

Mix all the ingredients nicely including powdered sugar and lactogen powder, which is baby milk powder. Ghee is optional.

Keep it in air tight container and take out the desired quantity of one week in different container.

**Usage:** Can be used in water, milk, as stuffing in paratha, poori, as supplementary food for toddlers.

**Time:** Can be consumed in anytime of day.

### **Dosage:**

1 yr- 5 yrs- 20 – 25 gm

6 to 10 yrs- 25-30 gm

11 to 20 yrs- 40- 45 gm

21 to 45 yrs- 30 to 35 gm

46 to 70 yrs- 25- 30 gm

Pregnant women: 35- 40 gm

**Note:** This is supplementary food and not a food replacement. Kindly consume it with regular healthy and nutritious diet. Also if ghee is added then try to consume it within 1 month, without ghee the self-life is 3 months.

**Nutritional facts: (100 gm)**

Energy: 260 kcl

Carbs: 67

Proteins: 11 gm.

Fats: 14 gm

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