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### The adoption of food items used for weaning in Simdega district

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#### Abstract

Growth of all infants from the age of 6 months onwards depends largely upon the provision of additional building materials supplied through infant foods in order to help them grow into healthy and active adults. Weaning is an important milestone in a baby's life and weaning practices are strongly associated with culture of a society. The aim of this study was to assess the food items adopted for weaning by mothers, survey was conducted on The area of Simdega was purposively selected for this study to identify the food item of weaning children. 50 mothers (having infant of 6 months - 2 years) aged between 20-35 years of age were selected. It is concluded that most of the respondents were using home based weaning food (52%). 32% respondents were using both (homemade & commercially) and less were using commercially weaning food that was only 16 %. Weaning food items adoption by respondents were, same food with family. cerelac and fruits (30%), cerelac and mashed rice, dal & veg(18%), rice & dal (16%), cerelac (16%), panjiri (10%), roti with dal & milk (4%).

**Keywords:** Weaning, food items, adoption

#### Introduction

Weaning should be started after the age of 6 months and should contain energy rich semisolid food.[1] Growth of all infants from the age of 6 months onwards depends largely upon the provision of additional building materials supplied through infant foods in order to help them grow into healthy and active adults [2].

In addition, Clinical studies of the effects of different frequencies of feeding and composition of meals on total daily energy intakes by fully weaned children indicated that both energy density and meal frequency independently affected children total daily energy intake.[13] Indicative signs for weaning are: Can sit in an upright position for feeding, Shows interest in other foods, Keeps putting things in the mouth, Shows signs of hunger before the usual feeding times, and Keeps chewing on things. When baby is 6 months old, start offering them a wide range of foods so that they get accustomed to eating different flavors. Introduce only one food at a time as it will be easier to detect any allergic to particular food item. Foods that are given gradually for a baby are: Boiled and mashed vegetables; use vegetables like potatoes, cauliflower, carrots, and beans, etc; Starchy foods which are rich in carbohydrates like rice, potatoes, cereals, and oats; Ripe and mashed fruits; e.g.; banana, apple; Diluted fruit juice (1 part fruit juice to 10 parts of water); Dairy products like cheese and yogurt .Foods to avoid: Never add salt to baby's food. Avoid processed foods which contain high amounts of salt, Avoid too much sugar until baby is 1 year old as it may cause teething problems, Avoid cow's milk as a drink altogether for 1 year as it does not meet an infant's nutritional needs, Avoid honey till 1 year as they may cause infant botulism in rare case, Nuts or seeds should be avoided as they may cause choking. If there is any family history of nut allergy, do not give nuts to baby till they are 3 years old. Tea and coffee should not be given to baby, Cold drinks or any diet drinks should be avoided as they are not meant for children, Avoid citrus fruits (e.g.; orange) until baby is 6 months old, as it may cause painful diaper rash, Foods containing Gluten like rye, barley, and wheat based foods should not be offered till baby is 6 months old as Gluten can cause Celiac disease .Tips for successful weaning: Always sit near to the baby while feeding so that baby does not choke, Never force feed baby, Make sure that the food is in right temperature; do not make it too hot, If baby refuses to eat a particular type of food, consider backing off and offer it later on, Offer baby a wide range of foods so that they get

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used to different flavors, Introduce only one food at a time as it will be easier to detect if baby is allergic to any particular food, Encourage baby to feed himself [3] Baby needs all foods from six months namely cereals, pulses. vegetables particularly green leafy vegetables, fruits, milk and milk products, egg, meat and fish if non-veg, oil/ghee, sugar and iodised salt in addition to breastfeeding. Children need more energy and hence adequate amounts of sugar or jaggery should be added to child’s food. By giving malted foods. malting reduces viscosity of the foods and hence child can eat more at a time .malting is germinating whole grain cereal or pulse, drying it after germination and grinding. Infant food mixes prepared after malting the cereal or pulse will provide more energy to the child, flours of malted food when mixed with other foods help in reducing the viscosity of that food. Am yläse rich flour (ARF) is the scientific name given to flours of malted foods and must be utilised in infant foods. Infants and young children need to be fed 5-6 times a day in addition to breastfeeding. It must be remembered that inadequate feeding of infants and young children during the first two years is the main cause of malnutrition. Breastfeeding should be continued while giving adequate complementary foods to the baby. In the beginning when the complementary foods are introduced after six months of age, the complementary food. This will ensure adequate lactation. During the weaning period, i.e. from six months to two years of age, young children often suffer from infections like diarrhoea, measles, cold, cough etc. If their diet had been adequate, their symptoms are usually less severe than those in an undernourished child. A sick child needs more nourishment so that he could fight infections without using up nutrient reserves of his body. However, a child may lose appetite and may refuse to eat, but the child needs adequate nutrition to get better from illness. The departments of women and child development, and health and family welfare have a special responsibility to contribute to optimal infant and young child nutrition [4].

**Objective of the Study**

1. To assess the food items adopted for weaning by mothers.

**Materials and Methods**

Methodological steps and measures were adopted for this study. The particulars of the measures followed for the work are described below:

**Sampling Procedure**

The rural area of Simdega was purposively selected for this study.

**Selection of area:** Two villages Thakurtoli and Kubitolli from Simdega block of state Jharkhand India was selected purposively for the study. Hence, regular visits could be made for collection of data.

**Selection of respondents:** A total of fifty respondents from simdega block were selected purposively. The selected respondents were selected randomly for the study.

**Sample size -** the sample population of 50 mothers (having infant of 6 months -2 years) were selected from Simdega district for study.

**Age of respondent:** aged between 20-35 years of age were

selected for the study.

**Collection of data:** collection of data was done using interview schedule

**Methods of Enquiry and Collection Data**

Interview schedule was used for collecting the data. Respondents were personally interviewed with the help of developed questionnaire by visiting the study area Thakurtoli and Kubitolli (Simdega). The questionnaire included the Food adoption survey.

**Food Adoption Survey**

The food adoption for weaning of the respondents were done with the help of interview schedule. All necessary information were collected through it and were asked for the types of foods are included for weaning either commercially, homemade or both homemade and commercially and what are they.

**Statistical Analysis**

The data obtained was processed and analyzed with the help of following test:

- Percentage value
- Frequency

**Period of Study**

The study was carried out between July 2016 – December 2016.

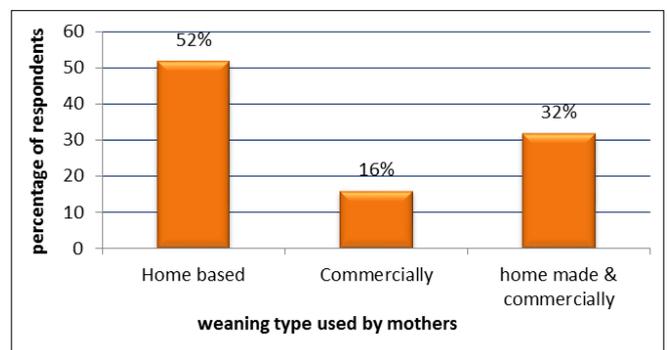
**Results and Discussion**

The data collected and tabulated under the study are presented with appropriate illustration and discussion in this chapter.

**Frequency distribution of mothers having infant (6 months - 2 years) in the study area Thakurtoli and Kubitolli of Simdega. According to their Adoption of food**

**Table 1.1:** Type of weaning used by mothers

S No	Particulars	Frequency N= 50	Percentage (%)
<b>1. Type of weaning used by mothers</b>			
	Home based	26	52
	Commercially	8	16
	Both (homemade & commercially)	16	32

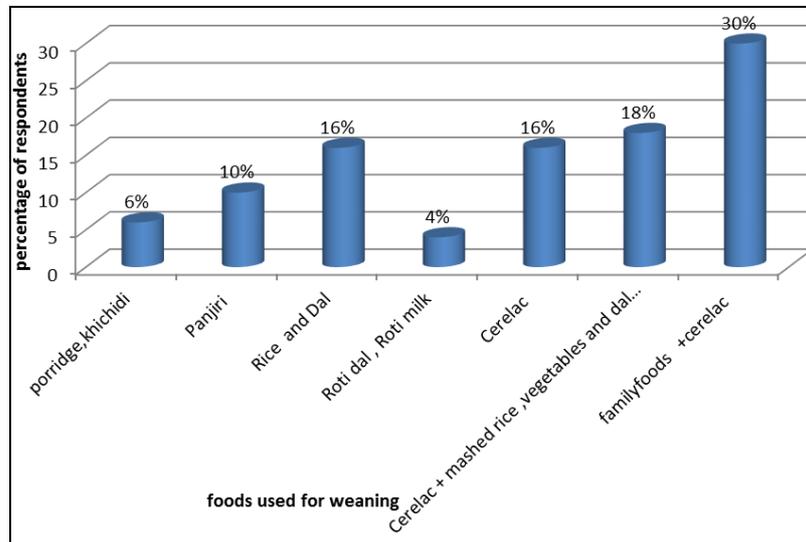


**Fig 1.1:** type of weaning food used by mothers

Majority of home based weaning food 52 percent were used by respondents. 32 percent respondents were using both (homemade & commercially) and less were using only commercially weaning food that was 16 percent.

**Table 1.2:** Adotion of foods for weaning by respondents

S No.	Particulars	Frequency N= 50	Percentage (%)
2.	<b>Foods that used for weaning</b>		
	Porridge, khichidi	3	6
	Panjiri	5	10
	Rice and Dal	8	16
	Roti dal. Roti milk	2	4
	Cerelac	8	16
	Cerelac + mashed rice. vegetables and dal etc.	9	18
	Same food with family(chicken, egg.), fruits +cerelac	15	30

**Fig 1.2:** weaning food used by respondents

Out of 100 % only 4 percent were giving roti with dal and milk, 6 percent were giving porridge and khichidi, panjiri was given by 10 percent, 16 percent respondent were giving rice with dal and again 16 percent were giving cerelac whereas 18 percent were giving cerelac and mashed rice, veg and dal. 30 percent infant use to eat same food with family and cerelac and fruits

### Conclusion

Findings by this study it is concluded that introducing new food to the child at the age of weaning is an important process. If it is done in a proper way by using proper food and practices, then it becomes a helpful for the child. Hence it is our responsibility to educate the mothers about weaning diet and its importance, its practices and food hygiene to prevent and control the nutritional deficiencies and malnutrition among the infant. Majority of home based weaning food 52 percent were used by respondents. 32 percent respondents were using both (homemade & commercially) and less were using only commercially weaning food that was 16 percent. Weaning food items adoption by respondents were, same food with family, cerelac and fruits (30%), cerelac and mashed rice, dal & veg(18%), rice & dal (16%), cerelac (16%), panjiri (10%), roti with dal & milk (4%).

### Suggestions

The following recommendations were offered for knowledge about weaning:

- Much care and attention should be given to infants nutrition, especially during the weaning period to ensure good health.
- Breast milk is no longer supplies enough protein for infant by one year, so the additional source such as egg, meat, fish, tofu & cheese must be provided.

- Frequency of meals must be 5-6 times a day (amount 1-2 spoon. gradually it can increased up to half cup).

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