



CSIR-IHBT

Nutritionally enriched food products to combat malnutrition among women and children

Introduction about Need :

- ❑ The prevalence of malnutrition in India is one of the highest in the world.
- ❑ According to UN reports (2007), malnutrition assessed by the proportion of underweight children below the age of five was 43% and 36% in the hard working women in India, higher than in sub-Saharan Africa (28%) and South Asia (42%).
- ❑ Malnutrition contributes to 60% of the 10 Million deaths globally that occur every year among children under five years of age, while in India it is ~2.1 Million child deaths before the age of five every year.

Our Technology:

- ❑ The proposed technology emphasizes on the low cost, affordable and nutritionally enriched food products through food fortification and incorporation of bioresources available in western Himalayan region to combat malnutrition problem particularly iron deficiency in the society.
- ❑ The processing technologies include information as to how to retain the health promoting attributes of natural resources which are otherwise lost during cooking through conventional techniques.

Advantages of the product /technology

Fruit Bar – Nutritionally enriched

- ❖ Rich in iron, vitamin c and antioxidants.
- ❖ Shelf life up to six months.

Nutri Mix Powder

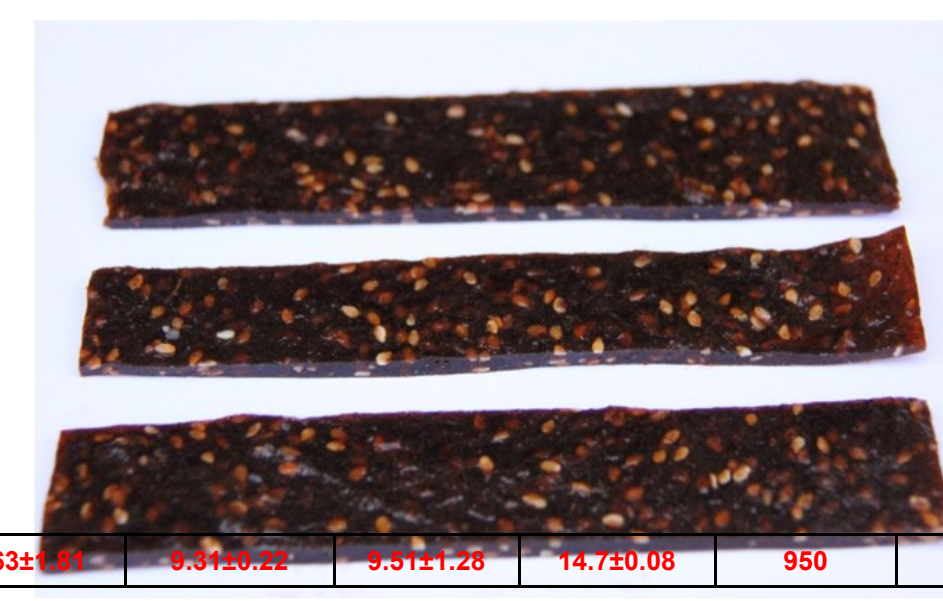
- ❖ Product prepared from locally bioresource
- ❖ Low in fat content and Rich in calcium & vitamin A

Health and Nutrition	Combat iron deficiency problem
Economic (Cost-benefit analysis)	Development of low cost affordable process and product technology
Employment generation	Various local peoples, Society, NGO and SHG will be trained
Social benefits	Up-liftment of socio-economic status of the communities, availability of nutritious food for women and children's

Nutritional facts

Product	Ash (%)	Fat (%)	Moisture (%)	Protein (mg/100 gm)	Calcium (mg/100 gm)	Iron (mg/100 gm)
Fruit Bar	8.92±0.54	5.89±0.12	7.75±0.25	2.8±0.04	119	29.80
Nutri Mix	7.63±1.81	9.31±0.22	9.51±1.28	14.7±0.08	950	58.20

Products & Technologies Developed by CSIR-IHBT



Mango Bar



Nutri Mix

These products meets 40% of iron and calcium requirement according to recommended daily allowances (RDA)



The developed product dissemination process initiated from November 2015 to the 200 target cohorts with CSIR-CIMAP and the approval of institute human ethics committee. The indicative results found that participants gain their weight, appetite and improve immunity level

Effects of Nutri-Bar in 6-19 years age group female volunteers at vill. Ahmadpur, Raibareilly

