



Once your child has reached 6 months of age, it is time for you to introduce complementary feeding to meet the increasing demand of additional nutrients. Complementary foods can be prepared at home or may also be the packaged foods available in the market. These commercially available foods are fortified and thus help to meet the energy and nutrient requirement of infant's diet. They are easier to digest and light on the infant's stomach. They also provide perfect consistency acceptable to the child.



Although, traditionally, child's first few foods include homemade cereal based porridge, but it is seen that due to high starch content, these are diluted extensively for the consistency acceptable to the child. This may lead to reduced intake of calories and nutrients.

A way to improve energy and nutrient density and reducing the viscosity of these foods, is by incorporating Amylase Rich Foods which are germinated cereal flour or flours of malted foods. Malting is a process wherein whole grain cereals or pulses in the ratio of 2:1 or 3:1, are germinated, dried and then ground into a fine powder. During this process, starch is converted into maltose due to increase activity of enzyme alpha amylase. This flour of malted food when mixed with other foods like porridge, dal etc. can help in reducing the viscosity and improve nutrient content.

© How to prepaid ARF?

- Clean and wash the cereals/pulses in enough water.
- Soak the cereals/pulses separately for approximately 12 hours.
- Drain out all the water and tie them individually in muslin cloth and allow them to germinate for 1 to 2 days (depending on the nature of cereal/pulses).
- Keep sprinkling water so as to avoid dryness during germination process.
- SUN-DRY grains with occasional stirring for 8 hours, and roast them separately on mud or metal tava.
- You can roast the sprouts in an iron-vessel to improve the iron content of the flour.
- Remove all the sprouts and burnt part by rubbing between your palm and passing through the sieve.
- Grind them into a mixer to a fine powder.
- Cool and store it in a sterilised air-tight container for approx 1 month.





© How to use ARF?

- Heat 1 tsp of ghee in a pan, add $\frac{1}{4}$ cup of wheat flour and roast on a slow flame till it turns light brown in colour.
- Add 2 tbsp of jaggery/sugar and 75 ml of water, mix well and cook for few minutes.
- Add the prepared 1 tsp of ARF powder and again keep mixing for few seconds.
- Serve it lukewarm.



Below are the examples of ARF combinations:

Malted Wheat and Moong Mix

Ingredients:

Sprouted wheat – 1 cup

Sprouted moong – $\frac{1}{2}$ cup

Malted Jowar and Groundnut Mix

Ingredients:

Sprouted Jowar – 1 cup

Sprouted Moathbean (matki) – $\frac{1}{2}$ cup

Roasted and peeled Groundnuts – 2 tbsp

Malted Multigrain Mix

Ingredients:

Sprouted Jowar – $\frac{1}{2}$ cup

Sprouted Ragi – $\frac{1}{2}$ cup

Sprouted Wheat – $\frac{1}{2}$ cup

Sprouted Moong – $\frac{1}{2}$ cup



IMPORTANT INFORMATION

Breast milk is the best food for babies as it is the sole source of nutrition for the first 6 months of life and is recommended to be continued until 2 years, with introduction to appropriate complementary foods after 6 months of age.

A. Following are the details of advantages, as also nutritional superiority of breast-feeding :

- i) Immediately after delivery, breast milk is yellowish and sticky. This milk is called as Colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than that of mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neo-natal infections. It also contains higher level of Vitamin 'A';
- ii) Breast Milk -
 - a) Is a complete and balanced food that provides all the nutrients needed by the infant (for the first six months of life);
 - b) Has anti-infective properties that protect the infants from infection the early months;
 - c) Is always available;
 - d) Needs no utensils or water (which might carry germs) or fuel its preparations;
- iii) Breast-feeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;
- iv) Mothers who breast-feed usually have longer periods of infertility after child birth than non-lactators;

B. Details of management of breast-feeding, are as under :

- i) Breast-feeding-
 - a) Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
 - b) Is successful when the infant suckles frequently and the mother wanting to breast-feed is confident in her ability to do so;
- ii) In order to promote and support breast-feeding the mother's natural desire to breast-feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives;
- iii) Adequate care for the breast and nipples should be taken during pregnancy;
- iv) It is also necessary to put the infant to the breast as soon as possible after delivery;
- v) Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in the hospital, this is called "rooming-in");
- vi) Give the infant Colostrum as it is rich in many nutrients and its anti-infective factors protect the infants from infections during the few days of its birth;
- vii) The practise of discarding Colostrum and giving sugar water, honey water, butter or other concoctions instead of Colostrum should be very strongly discouraged;
- viii) Let the infants suckle on demand;
- ix) Every effort should be made to breast-feed the infants whenever they cry;
- x) Mother should keep her body and clothes and that of the infant always neat and clean,