

Impact of Defatted Soya Flour Supplementation for Malnourished Children

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ABSTRACT

Soya bean – Queen of Pulses. Soya bean has highest protein content (40%), fat (20%), Carbohydrates (35%) and minerals (5%). Defatted soya flour is an excellent source of protein (53%). Defatted Soya flour is placing an important role in our present food scenario due to cost effectiveness, convenience to blend and good nutritional quality. Defatted Soya flour has been recommended to substitute pulses up to 50%. This study was carried out to study the impact of substituting Defatted soya flour instead of pulses in “soya bendy” (a mix) preparation by adding wheat flour, green gram flour, groundnut and jaggery. Defatted Soya flour is substituted 50% in 25g of green gram flour to enrich the protein quality of soya bendy. By supplementing soya bendy to malnourished preschool children, there was a significant difference in height, weight and mid arm circumference. To change the current mal nutrition scenario among the preschool children, Defatted soya flour ranks significant position among all pulses.

Key words: Defatted soya flour, enrichment mid arm circumference, soya bendy.