A STUDY ON EVALUATION OF WEANING FOODS AVAILABLE IN SRI LANKA

BY

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ABSTRACT

Feeding of infant is an important consideration in human life. The breast milk is insufficient for the fulfillment of nutritional requirement beyond 3 months of infants. Traditional home prepared foods are not much suitable for the babies because of the consumption of time in preparation. The formulated feeding is recommended from 18th century. Several types of baby foods are available in Sri Lanka. The objective of this study is to evaluate and compare the available infant foods in Sri Lanka which are locally available and imported ones.

For this evaluation, formulated food products were selected and their chemical composition, Physical properties and sensory parameters were taken. In chemical composition, the amount of crude protein, total sugar, crude fat, minerals, acid insoluble ash, crude fibre and moisture were consided. For physical properties water binding capacity and water solubility index were determined. A sensory evaluation test was carried out for 9 main parameters such as appearance, colour, flavour, degree of liking and over all acceptability.

In all these characters, products significantly differ from each other. Product from Perera and Sons is best in most of physical, chemical and sensory parameters. In chemical composition minerals, crude fat, crude fibre and moisture are at the feasible level at the same time two of the physical properties are good. In sensory analyse, among the six parameters such as appearance, flavour, Degree of liking and over all acceptance are best in this product. Therefore, the product F is best, compared to other products and locally prepared with less expensive to the poor consumers.

CONTENTS