

# **MICRONUTRIENT ADEQUACY OF HOMEMADE COMPLEMENTARY FOODS**

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## **Abstract:**

**Purpose** – Childhood under-nutrition remains a major health problem in resource-poor settings like the rural areas in Nigeria. The purpose of this paper is to determine the types and nutrient adequacy of complementary foods used in a rural area.

**Design/methodology/approach** – The most frequently used (52 percent) homemade complementary food (HCF) in the area was studied, employing questionnaire, standardization of recipe and chemical analysis to evaluate the complementary food and to suggest improvement.

**Findings** – Two varieties of local beans (white and brown) were used in the preparation of HCF in the study area. They were either peeled to remove the coat or unpeeled. There was no significant difference ( $p < 0.05$ ) in the protein content of the HCF made from the two varieties. Using any of the beans unpeeled children between the ages of six and eight months meet their energy and protein requirement. The calcium, iron, and zinc contents of HCF from the two bean varieties were low.

**Keywords:** Diet, Energy, Nigeria, Proteins, Rural areas