

## CONTENTS

<u>Sr. No.</u>	<u>CONTENTS</u>	<u>Page No.</u>
I.	Abstract ... ..	1
II.	Introduction.. ... ..	3
III.	Review of Literature ... ..	6
1.	Nutritional status of underprivileged pregnant and lactating women in India.	6
2.	Food avoidances and special foods consumed during pregnancy and lactation.	10
3.	Consequences of poor nutrition on the birth outcome and the lactational performance.	15
4.	Effect of food supplementation during pregnancy and lactation.	17
5.	Strategies to improve the nutritional status of the underprivileged pregnant and lactating women :- Supplementary nutrition programs in India.	32
6.	Problem of sharing of the maternal food supplement.	36
7.	The concept of special mother foods to reduce sharing of the supplement: A case study of project 'Matru Ahar'.	40
8.	Some considerations for product development.	53
IV.	Study I. Habits, beliefs and consumption practices of methipak.	52
1.	Introduction ... ..	52
2.	Objectives ... ..	52
3.	Material and methods ... ..	52
4.	Results ... ..	54
(i)	Background information of the respondents..	54
(ii)	Consumption of special foods during pregnancy..	57
(iii)	Familiarity with methipak ... ..	57

	(iv)	Consumption of methipak during pregnancy lactation and winter.	...	...	...	...	57
	(v)	Beneficial effects of methipak	...	...	...	...	60
	(vi)	Reasons for not consuming methipak during pregnancy.	...	...	...	...	60
	(vii)	Period, time and amounts of methipak consumed.	...	....	...	...	60
	(viii)	Sharing of methipak by family members	...	...	...	...	61
	(ix)	The constituents and the method of preparation of methipak.	...	...	...	...	66
	5.	Discussion	...	...	...	...	70
	6.	Conclusion...	...	...	...	...	72
<b>V.</b>		Study II. Animal experiments. Effect of fenugreek.. (Trigonella foenum graecum) seed based diets on birth outcome and lactational performance.					74
	1.	Introduction	...	...	...	...	
	2.	Experiment 1. objectives	...	...	...	...	
	3.	material and methods	...	...	...	...	
	4.	Results and Discussion -	...	...	...	...	81
	(i)	Foods intake and fenugreek intake	...	...	...	...	81
	(ii)	Body weight change	...	...	...	...	82
	(iii)	Reproductive performance	...	...	...	...	82
	5.	Experiment 2. Objectives	...	...	...	...	89
	6.	Material and methods	...	...	...	...	89
	7.	Results and Discussion	...	...	...	...	90
	(i)	Food consumption	...	...	...	...	90
	(ii)	Fenugreek consumption	...	...	...	...	90
	(iii)	Litter size, birth weight and .. growth of the pups.	...	...	...	...	90
	8.	Conclusions	...	...	...	...	97
<b>VI.</b>		Study III. Product Development	...	...	...	...	98
	1.	Steps in product development..	...	...	...	...	98
	2.	Step I : To pretest the score card for sensory evaluation.	...	...	...	...	100
	3.	Step II (a) Selection of the ingredients	...	...	...	...	103

4.	Step II (b) Determination of the optimum amounts of the basic ingredients.	...	...	122
5.	Step III. Acceptability trials among preschool children.	...	...	122
6.	Step IV. Trials on pregnant and lactating women.	...	...	130
7.	Step V. Commercial production of biscuits	...	...	132
	Shelf life studies	...	...	135
	Nutrient composition	...	...	143
8.	Conclusions	...	...	—
<b>VII.</b>	Study IV. Extended product testing	...	...	145
1.	Objectives	...	...	145
2.	Material and methods	...	...	145
3.	Results and Discussion	...	...	149
(i)	Background information	...	...	150
(ii)	Acceptability of methi biscuits among pregnant and lactating subjects.	...	...	150
(iii)	Acceptability of methi biscuits among preschool children attending the ICDS centres.	...	...	154
(iv)	Regularity of collection of sweet and methi biscuits by pregnant and lactating women.	...	...	158
(v)	Sharing of sweet and methi biscuits by pregnant and lactating subjects.	...	...	165
(vi)	Sharing of biscuits in the I half vs II half of the experiment.	...	...	170
(vii)	Who shared the biscuits ?	...	...	174
(viii)	Consumption of sweet and methi biscuits by pregnant and lactating subjects.	...	...	177
(ix)	Nutrient intake with and without the supplementation with biscuits.	...	...	183
(x)	Time at which biscuits were consumed	...	...	183

	(xi) Perceived beneficial effects of methi... biscuits and sweet biscuits on self and the child.	...	...	185
	(xii) Weight changes in pregnancy, lactation and infancy.	...	...	188
	(xiii) Efficiency of distribution of biscuits ... by the Anganwadi Workers.	...	...	190
	(xiv) Willingness to purchase the biscuits ...	...	...	190
	(xv) Attitudes of the Anganwadi Workers ... towards supplementation with methi ... and sweet biscuits	...	...	193
	(xvi) Conclusion	...	...	-
VIII.	Summary, conclusions and recommendations.	...	...	195
IX.	Bibliography			209
X.	Glossary of terms and words			217
XI.	Appendices			
i.	Questionnaire on habits, beliefs and consumption practices of methipak			219
ii.	Methods of Chemical analysis and sensory evaluation	-	--	222
	Moisture	-	-	222
	Fat acidity	-	-	222
	Peroxide value	-	-	223
	Sensory evaluation proforma for shelf life	-	-	225
	Protein	-	-	226
	Crude fibre	-	-	229
	Calcium	-	-	230
	Riboflavin	-	-	231
	Thiamine	-	-	231
	Bioavailability of lysine	-	-	235
	Bioavailability of iron	-	-	239
				243
iii.	Questionnaire for product testing	-	-	
iv.	Research papers related to the present investigation-presented and published			2-17