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**ORRAYA PORNIAMMONGKHON: DEVELOPMENT OF APPROPRIATE
COMPLEMENTARY FOOD FOR INFANTS IN UBONRACHATHANI PROVINCE. THESIS
ADVISORS: THARA VIRIYAPANICH, M.Sc., VISITH CHAVASIT, Ph.D., URUWAN
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Breast milk alone can no longer provide enough energy and nutrients for babies' requirement as they became older than 6 months. Complementary feeding is therefore necessary and becomes the important source of nutrients for babies in the later ages. Viriyapanich T *et al.* (1998) found that malnutrition problems of infants in Thailand were mainly due to an inappropriate feeding practice, which also includes the use of complementary food containing inadequate nutrient contents.

In this study, Ubon Rachathani, a province in the northeast Thailand, was used as the model for testing the process for developing an appropriate menu of complementary food for children aged 4-12 months in urban and rural areas. Muang and Warin Chumraph districts were the models for the urban area, while Trakarn Phutphon, Nayer and Khong Chiam districts were for the rural areas. The information on kinds of food available and normal cooking methods were obtained by interviewing and surveying supermarkets, markets, and grocery stores in the communities. The obtained information was used for formulating complementary food, which contained enough energy and nutrient requirements for children at the age groups of 4-5, 6-8 and 9-12 months. Then two menus of formulated complementary food for children of 6-8 and 9-12 month groups were chosen and tested for acceptability and practicality by mothers or caregivers of children at the tested age groups by using modified home-use techniques. Raw materials for each menu were given to each subject with cooking guidelines illustrated with pictures and descriptions. Each menu was tested by 30 subjects under their normal cooking and feeding conditions at home. Ninety-seven percents of mothers or caretakers could follow the cooking guidelines. 82.6-94.3 % of the children at each age group of both areas accepted the tested menus in the range of 3-5 (neither like nor dislike to like extremely) on a five-point hedonic face scale. More than 90% of the subjects mentioned that it was convenient to obtain ingredients for cooking every developed menu of complementary foods. This process could be used as a guideline for developing appropriate menus of complementary food in other communities.