

PW16 NUTRITIENT COMPOSITION AND SENSORY PROPERTIES OF COMPLEMENTARY FOODS PREPARED FROM SORGHUM, PIGEON PEA AND MANGO FLOUR BLENDS

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Nutritional and sensory properties of complementary foods prepared from sorghum, pigeon pea and mango flour blends were studied. A commercial infant diet (Nutrend) served as standard. The proximate composition of the complementary blends such as moisture, protein, fat, crude fiber, ash and carbohydrate contents increased from (4.00 to 6.81%), (15.60 to 19.73%), (2.04 to 9.00%), (0.94 to 2.32%), (2.17 to 4.15%) and (64.00 to 72.32%) respectively while vitamins A and C ranged from 129.05 to 194.00mg/100g and 26.10 to 68.40mg/100g and were higher than the control. Mineral contents of the formulated blends such as calcium, iron, zinc, iodine and phosphorus contents ranged from 390.00 to 473.05mg/100g, 10.00 to 14.57mg/100g, 4.32 to 7.00mg, 19.19 to 35.00 mg/100g and 260.00 to 302.32mg/100g respectively. The sensory results showed that the formulated blends compared favourably with the control sample up to 25% (each of pigeon pea and mango flour samples) formulation level. Based on the results obtained, a combination of sorghum, pigeon pea and mango flour could be recommended as appropriate complementary blend for infant feeding.