

## SUPPLEMENTARY FEEDINGS

Supplementary feeding protects the life and health of children and promotes the health of expecting/lactating mothers.

Malnourished children constitute 40% of our general population and 70% of the hospital population. 16% of babies born are low birth weight and it is mostly in the underdeveloped countries. Poor nutrition not only affects the physical growth but the mental growth too.

Since 1985/86 the government supplies of supplement ~~any~~ food was interrupted to Northern Sri Lanka. Hence we have developed two preparations.

i. Wet preparation - Rice canjee with milk, greens, margarine and gram. It may be enriched with extra milk powder. It supplies 14.5 gram protein and 475 calories per 100 gram.

ii. Dry preparation - Rice, soya and black gram - all roasted and powdered. It supplies 16.5 gram proteins and 400 calories.

Both these preparations are palatable, made from easily available food items at very reasonable prices.

We have fed malnourished children with both, in a village just out side Jaffna. The children liked them much and showed considerable weight gain.

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