



# A UNIQUE MIX OF LOCALLY AVAILABLE FOOD GRAINS

# nutri-mix

This unique food mix plays a crucial role in the physical, emotional and cognitive development of children during their first 1000 days. Malnutrition in children is largely caused by micro-nutrient deficiencies of protein and minerals and needs to be addressed right from the beginning. Nutri-mix addresses the issue of dietary diversity which generally lacks among the resource-poor, food insecure and vulnerable households.

## INGREDIENTS

Cereals: Rice/millet/wheat	Pulses: Green gram/lentils	Nuts: Groundnut	Oilseeds: Sesame seeds / pumpkin seeds
600 gm	300 gm	75 gm	75 gm

## HOW TO PREPARE AND STORE?

Roast all the ingredient, separately | Mix the roasted ingredients and grind it thoroughly | Store in an air –tight container | Best until 15 days from the date of preparation

## HOW TO CONSUME?

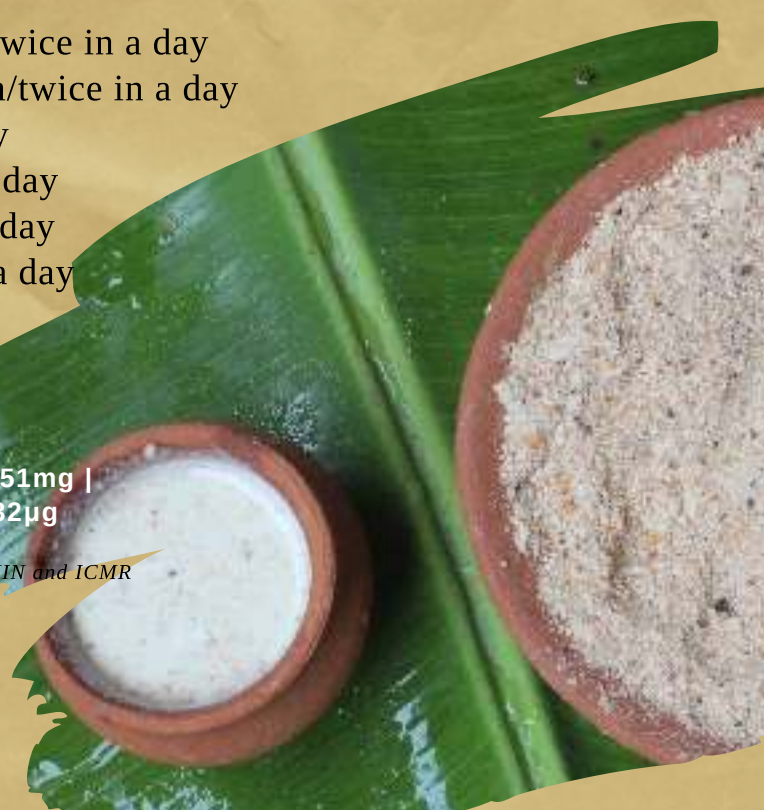
Nutri-mix can be served with half or a glass of hot water or milk and jaggery as per taste

- Lactating mothers (0-6 month)-200gm/twice in a day
- Lactating mothers (6-12 month)-150gm/twice in a day
- Pregnant mothers -100gm/once in a day
- Infants (6-12months) -30gm/twice in a day
- Children (1-3years) - 60 gm/twice in a day
- Children (4-6years)- 100 gm/twice in a day

## NUTRITIVE VALUE per 100gm

Energy - 388.12 Kcal | Carbohydrate - 64.78gm  
 Protein - 15.83gm | Fat - 7.35gm | Calcium - 302.51mg |  
 Iron -5.27mg | Folic Acid - 45µg | Carotene - 77.32µg

Nutrient Value analysed based on Indian Food Composition table by NIN and ICMR







## RECOMMENDED DIETARY ALLOWANCES FOR PREGNANT AND LACTATING MOTHERS (PER DAY)

Normal, moderate and heavy worker women requires a net energy intake of 2230 to 2850 Kcal/day.

Pregnant mothers	Lactating mothers (0-6months)	Lactating mothers (6-12months)
+350 kcal	+600 kcal	+520 kcal

## RECOMMENDED DIETARY ALLOWANCES FOR INFANTS AND CHILDREN (PER DAY)

Infants (6-12months)	Children (1-3years)	Children (4-6years)
672kcal	1060kcal	1350kcal

100 gm of nutri-mix provides 388.12 kcal of energy per day.

This is part of Welthungerhilfe's POSHANN initiative to achieve nutrition security in Jharkhand supported by The Federal Ministry of Economic Cooperation and Development (BMZ), Germany.



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