

What is complementary food?

Studies have shown that malnutrition among younger children is usually caused by inadequate feeding after the baby weans from breastfeeding, which is from six to 24 months after birth.

According to Julieta Dorado, PINOY project leader, babies are usually fed with “am” or the viscous liquid taken from boiling rice which lacks micronutrients that growing babies need. To address this nutrition shortage, DOST-FNRI developed various complementary foods to add more nutrients, particularly energy and protein, to the diet of children who at this age are usually weaned from pure breastfeeding and introduced to other kinds of food.

The DOST-FNRI complementary foods are rice-mongo-sesame blends in 20-gram boxes that come in ready-to-eat and ready-to-cook packages. Meanwhile, DOST encourages entrepreneurs interested to produce complementary foods to partner with DOST and FNRI in the PINOY program. (*Framelia V. Anonas*)