



## The assessment of nutrients content of triple mix complementary food for infants.

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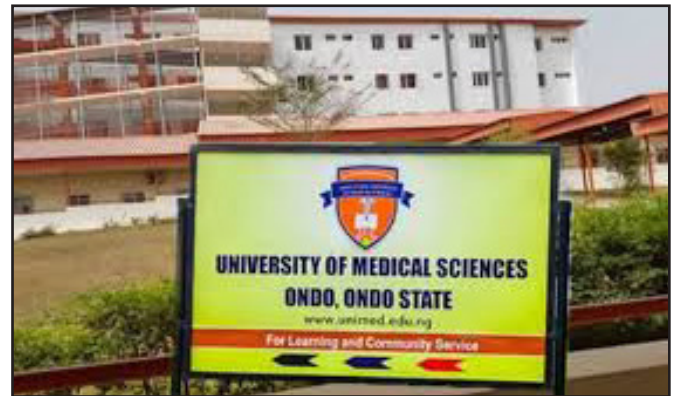
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### Abstract:

The research was carried out to assess the nutrient content of triple mix complementary food for anemic infants. A composite flour from sorghum, soybean and moringa was formulated and the nutrient composition at different ratios were analyzed in the laboratory. Sorghum and moringa were assessed at the ratio of 85:15. Sorghum and soybean at 70:30 and sorghum, soybean and moringa at 70:20:10. Supplementation of sorghum flour with moringa raised the protein content from between 29.10 to 38.80%. The carbohydrate content of the flour was 42.0-57.0%. The vitamin B2 content range between 1.50 and 2.50%, vitamin C range between 0.30 and 0.51%. Supplementation of sorghum with soybean and moringa increased the  $Ca^{2+}$  from 2.50-12.70% and  $Fe^{2+}$  from 0.39 to 1.60%. Supplementation of sorghum flour with moringa has well defined proximate and chemical analysis, this can improve the nutritional status of malnourished infants.

### Biography:

Fagoroye Opeyemi Rachael is studying at University of medical sciences teaching Hospital, Akure, Ondo State, Nigeria. She actively takes part in community programs to healthcare and she is Specialist in weight Loss, Weight Gain, Weight Management, Diabetes Educator & other Disease. She has a degree in Sports Nutrition, Diploma in Yoga, Diabetes Educator. Currently working with GYM,



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### Recent Publications:

1. ATR-FTIR and HPLC spectroscopic studies and evaluation of mineral content of Carica papaya leaves and flowers, O Fadare, L. Durosimi, Rachael O Fadare, Craig A Obafemi
2. Chemical Composition and In-vitro Antibacterial Activity of the Essential Oil of Nigerian Moringa oleifera Lam. Flowers, Olaoye Balogun, Rachael O Fadare, Olatomide Fadare, Craig Obafemi
3. In vitro antioxidant activity and gas chromatography-mass spectrometry analysis of solvent extracts of Kigelia africana stem bark, Rachael O Fadare, Olatomide Fadare, Craig Obafemi

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