Indian Journal of Basic and Applied Medical Research; December 2015: Vol.-5, Issue- 1, P. 663-670

**Original article:**

**Assessment of complementary feeding practices among mothers of children aged six months to two years in rural areas of Jaipur**

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**Abstract:**

**Introduction:** Infants and young children are at an increased risk of malnutrition from six months of age onwards, when breast milk alone is no longer sufficient to meet all their nutritional requirements and complementary feeding should be started. Assessment of complementary feeding practices among mothers of children aged six months to two years in rural areas of Jaipur.

**Methodology:** The hospital-based cross-sectional study was conducted at NIMS hospital, Jaipur from May 2014 to July 2014. 100 mothers of children between six months and two years attending the paediatric OPD for growth monitoring, immunisation and minor illnesses such as upper respiratory tract infections were selected for the study. The subjects were selected for the study by the order of their arrival to the OPD during the study period.

**Results:** Out of 100 infants. 14% had not started on complementary foods at all and only 40% received complementary feeding at 6 months. Most common reason for inappropriate practices who delayed complementary feeding was “tried but failed as child vomits or throws out food” (40%). Regarding feeding practices by food groups, animal milk and khichdi (31%) were predominantly given.

**Conclusion:** Initiation of complementary feeding at the recommended time of six months was seen in the majority of children. However the quantity of complementary feeding was insufficient. Advice about breast feeding and complementary feeding during antenatal check-ups and postnatal visits might improve feeding practices.

**Keywords :** complementary feeding