Traditional Foods for Lactating Mothers

Mrs. Shashi Prabha Gupta
Former Technical Adviser (Food and Nutrition Board)
Ministry of Women and Child Development,
Government of India
Variety of traditional foods for lactating mothers in India

Invariably, Energy and Nutrient dense with Special components like gum acacia, omum, cumin seeds etc. having medicinal value
Traditional Foods are believed to perform special tasks:

- restoring the health of the mother and strengthening her bones
- helping in the cleaning and contraction of uterus
- increasing the production of breastmilk for the new born
- assisting in the digestion of both the mother and the baby
Foodstuffs commonly used for preparing Traditional Foods for lactating mothers

- Dairy products—Ghee, milk
- Gum Acacia
- Jaggery, sugar
- Nuts—almonds, cashew nuts, pistachio, piyal seeds (chironji)
- Condiments and spices—Cumin seeds, omum, asafoetida, cardamom, ginger dry, black pepper, turmeric, poppy seeds, fennel seeds
- Whole grain cereals, millets and pulses, parched rice
- Vegetables—bottlegourd, raw banana, green leafy vegetables
- Low fat fish—Magur, singhi
Some Traditional Beverages for Lactating Mothers

**Gur Ki Paat (Jaggery drink)**
- Ghee
- Water
- Gur
- Ajwain (Oumum)

**Harira / Nishasta (Almomd drink)**
- Almonds
- Ghee
- Milk
- Sugar

**Chuani (Dry fruits drink)**
- Dry fruits like almonds, pistachio, cashew nuts and piyal seeds
- Ghee
- Ajwain
- Water
- Sugar

**Ajwain Water (Oumum water)**
- Water is boiled with ajwain
Commonly used by the lactating mothers in J&K

Shashi P. Gupta
Some Traditional Foods for Lactating Mothers

**Gur Jeera Haldi**
*(Jaggery-Cumin seeds-Turmeric)*
- Turmeric powder
- Mustard oil or ghee
- Gur
- Saunth (dried ginger)
- Jeera

**Jeere ki Kutti / Halwa**
*(Cumin seeds wheat flour Halwa)*
- Whole wheat flour
- Cumin seeds
- Ghee
- *Bataashey* (sugar candy)

Halwa is also prepared

Shashi P. Gupta
Some Traditional Foods for Lactating Mothers

**Gond Ke Laddoo (Gum Laddoo)**
- Whole wheat flour
- Ghee
- Dry fruits
- Gum
- Sugar

In Madhya Pradesh, Turmeric powder is also added to Gond ke laddoo.

**Gond Moong Laddoo (Gum and whole Green gram Laddoo)**
- Whole wheat flour is replaced by whole green gram in these laddoos

Aywain and/or jeera is added by some.

Shashi P. Gupta
Some Traditional Foods for Lactating Mothers

Panjiri (Wheat flour, dry fruits sweet mixture)

- Wheat flour, ghee, dry fruits, gum and sugar are used and the ready mixture is kept loose.

- Ingredients for Gond Ke Laddoo and Panjiri are quite similar and are used in almost all parts of the country with different names. In Jammu and Kashmir it is named as Sund.
Gum Acacia (Gum Arabica)

- Represents a beneficial fibre supplement
- Has many culinary and medicinal uses
- Lowers serum cholesterol
- Has hypoglycemic effect
- Reduces lipids in blood
Some Traditional Foods for Lactating Mothers

**Chikki (Dry fruit brittle)**
- Dry fruits
- Sugar

**Phakki (Mouth freshner/Churna)**
- Saunf (fennel seeds)
- Jeera
- Ajwain
- Mishri (sugar crystals)
- Green cardamom
- Dried ginger
- Peppermint candies
Some Traditional Foods for Lactating Mothers

**Dudh Dalia (Broken wheat porridge)**
- Roasted broken wheat
- Ghee
- Jeera
- Milk
- Sugar

- Sago is used in place of broken wheat in West Bengal

- *Ragi jawa* is made with ragi, milk and jaggery and is widely used in Southern part of the country
Some Traditional Foods for Lactating Mothers

**Halwa (Wheat flour dessert)**
- Ghee
- Whole wheat flour
- Sugar
- Water
- Ajwain is also added to halwa by many people

**Khicheri (Green gram dal and rice preparation)**
- Khicheri with jeera and ghee invariably constitutes one meal.
- Wheat rawa, green gram dal and green leafy vegetable
- Khicheri is common in South.
- Whole green gram preparation using a good quantity of cumin seeds is common in J&K.
Some Traditional Foods for Lactating Mothers

**Jowar (Sorghum) Roties**

- Jowar Roties are made with green leafy vegetables by hand and are given to lactating mothers for dinner in tribal areas of Andhra Pradesh.

**Chirwa (Parched rice)**

- Chirwa
- Ghee
- Salt
- Black pepper

Used as snack in West Bengal
Some Traditional Foods for Lactating Mothers

Vegetables

- Fried raw banana
- Bottle gourd preparation

Commonly used in West Bengal

Low Fat Fish

- Magur and Singhi varieties are given in the form of stew in West Bengal
- Fish is given to lactating mothers in coastal areas of Andhra Pradesh
- Eggs and meat are also given sometimes.
Traditional foods used for lactating mothers in India are healthy and take care of increased nutritional requirements of lactation.

The use of condiments and spices, whole grain cereals and pulses in such foods is believed to provide many health benefits to both the mother and the baby.
Thanks