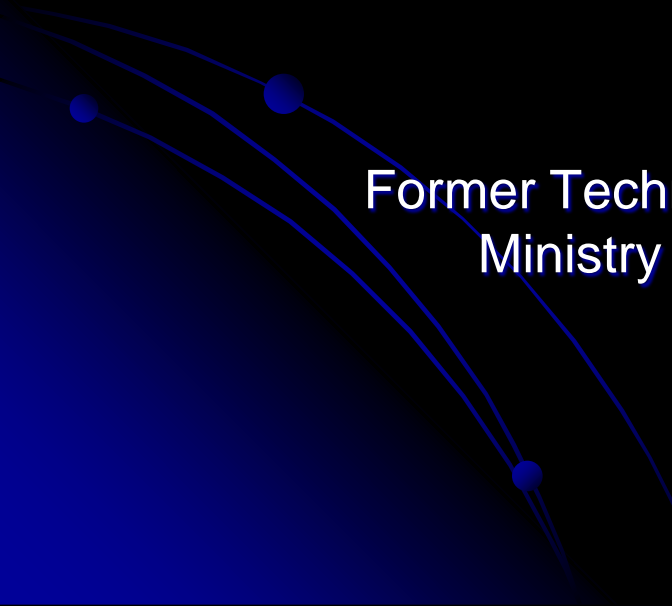


# **National Conference on Processed Foods & Beverages for Health: Beyond Basic Nutrition**

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## **Traditional Foods for Lactating Mothers**



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# 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 (Omum)

## ***Harira / Nishasta (Almond 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 (Omum water)***

- Water is boiled with ajwain

Commonly used by the lactating mothers in J&K

# 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

# 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

Ajwain and / or jeera is added by some.

## ***Gond Moong Laddoo (Gum and whole Green gram Laddoo)***

- Whole wheat flour is replaced by whole green gram in these laddoos

# 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

