## List of Figures

### CHAPTER 1: INTRODUCTION

| Fig-1 | In India, among the under-five children, 39% are stunted and 15% are wasted | 1 |
| Fig-2 | Victim of severe malnutrition | 2 |
| Fig-3 | Stunting rates among the children below 5 years of age in 2005–2006 and 2013–2014 in 29 Indian states | 5 |
| Fig-4 | Wasting rates among the children below 5 years of age in 2005–2006 and 2013–2014 in 29 Indian states | 6 |
| Fig-5 | Exclusive breastfeeding rates in 2005–2006 and 2013–2014 in 29 Indian states | 7 |
| Fig-6 | Child undernutrition is an important public health indicator for monitoring health and nutritional status of populations | 7 |
| Fig-7 | Poverty and Gender discrimination reduce the food availability of adolescents | 8 |
| Fig-8 A | Percentage of population with anaemia in the world and in South East Region (WHO) | 10 |
| Fig-8 B | Percentage of population with severe anaemia in the world and in South East Region (WHO) | 10 |
| Fig-9 | Signs and Symptoms of Anaemia | 12 |
| Fig-10 | Knee pain, a most common problem of elderly | 15 |
| Fig-11 | Osteoporosis in woman | 15 |
| Fig-12 | Ingredients used to prepare newly developed supplementary product (NDSP) | 24 |

### CHAPTER 2: REVIEW OF LITERATURE

| Fig-13 | Dehydrated leaf powder of (A) Spinach, (B) Mint Leaves (C) Moringa Leaves and (D) Curry leaves | 52 |
| Fig-14 | Fresh cauliflower with leaves | 55 |
| Fig-15 | Seeds of pumpkin (Cucurbitaceae maxima.) | 66 |
| Fig-16 | Freshly collected egg shells | 70 |
CHAPTER 5. MATERIALS AND METHODS

Fig-17  (A) Freshly collected cauliflower leaves (B) Sorted, cleaned leaves (C) Roasting of leaves (D) Roasted, dry leaves (E) Cauliflower leaf powder (CLP)

Fig-18  (A) Pumpkin containing numerous seeds (B) Sun-dried seeds (C) Removing the outer cover of seeds (D) Pumpkin seeds without skin

Fig-19  (A) Whole egg (B) Broken egg (C) Collected egg shells (D) Pressure cooked, dried egg shell (E) egg shell powder

Fig-20  Processing of Ingredients

Fig-21  Components of NDSP (g / 100g )

Fig-22 A Item-1: Newly Developed Supplementary Product (NDSP)

Fig-22 B Item-2: Nutritious mixture

Fig-22 C Item-3: Nutritious Boda

Fig-22 D Item-4, Nutritious Sattu

Fig-22 E Item-5: Nutritious Sarbaat

Fig-22 F Item-6: Enriched Piyaji

Fig-22 G Item-7: Enriched dal

Fig-22 H Item-8: Enriched Alukabli

Fig-22 I Item-9: Nutritious Masala Paratha

Fig-22 J Item-10: Nutri Nadu

CHAPTER 6. RESULTS

Fig-23  *Diagrammatic representation of percentage of powder obtained after processing of raw ingredients*

Fig-24A  Diagrammatic representation of mean food consumption of weaning rats (g/day)

Fig-24B  Diagrammatic representation of mean food consumption of young rats (g/day)

Fig-25A  Diagrammatic representation of mean food intake (g/day) of weaning rats

Fig-25B  Diagrammatic representation of mean food intake (g/day) of young rats
Fig-26A  Diagrammatic representation of mean energy intake (Kcal/day) of weaning rats
Fig-26B  Diagrammatic representation of mean energy intake (Kcal/day) of young rats
Fig-27A  Diagrammatic representation of mean protein intake (g/day) of weaning rats
Fig-27B  Diagrammatic representation of mean protein intake (g/day) of young rats
Fig-28A  Diagrammatic representation of mean fat intake (g/day) of weaning rats
Fig-28B  Diagrammatic representation of mean fat intake (g/day) of young rats
Fig-29A  Diagrammatic representation of mean carbohydrate intake (g/day) of weaning rats
Fig-29B  Diagrammatic representation of mean carbohydrate intake (g/day) of young rats
Fig-30A  Diagrammatic representation of mean fibre intake (g/day) of weaning rats
Fig-30B  Diagrammatic representation of mean fibre intake (g/day) of young rats
Fig-31A  Diagrammatic representation of mean calcium intake (mg/day) of weaning rats
Fig-31B  Diagrammatic representation of mean calcium intake (mg/day) of young rats
Fig-32A  Diagrammatic representation of mean iron intake (mg/day) of weaning rats
Fig-32B  Diagrammatic representation of mean iron intake (mg/day) of young rats
Fig-33A  Diagrammatic representation of change in Mean Body Weight of weaning Rats at Weekly Intervals
Fig-33B  Diagrammatic representation of change in mean body weight (g) of young rats at weekly intervals
Fig-34A  Diagrammatic representation of mean body weight (g) of weaning rats (initial vs final)  
Fig-34B  Diagrammatic representation of mean body weight of young rats (Initial vs Final) 
Fig-35A  Diagrammatic representation of mean weight (g) gain of weaning rats 
Fig-35B  Diagrammatic representation of mean weight gain (g) of young rats 
Fig-36A  Diagrammatic representation of mean liver weight (g/100g body weight) of weaning rats 
Fig-36B  Diagrammatic representation of mean liver weight (g/100g body weight) of young rats 
Fig-37A  Diagrammatic representation of mean spleen weight (g/100g body weight) of weaning rats 
Fig-37B  Diagrammatic representation of mean spleen weight (g/100g body weight) of young rats 
Fig-38A  Diagrammatic representation of mean serum calcium level (mg/dl) of weaning rats 
Fig-38B  Diagrammatic representation of mean serum calcium level (mg/dl) of young rats 
Fig-39A  Diagrammatic representation of mean blood haemoglobin level (g/dl) of weaning rats 
Fig-39B  Diagrammatic representation of mean blood haemoglobin level (g/dl) of young rats 
Fig-40  Diagrammatic representation of mean serum cholesterol levels (mg/dl) of weaning rats 
Fig-41  Diagrammatic representation of mean serum triglyceride levels (mg/dl) of weaning rats 
Fig-42A  Diagrammatic representation of mean serum glucose levels (mg/dl) of weaning rats 
Fig-42B  Diagrammatic representation of mean serum glucose levels (mg/dl) of young rats
Fig-43  Diagrammatic representation of mean liver glycogen levels (mg/g) of young rats 147
Fig-44  Diagrammatic representation of mean SGPT activity (IU/L) of weaning rats 147
Fig-45  Diagrammatic representation of mean serum alkaline phosphatase activity (in KA units) of weaning rats 148
Fig-46A  Diagrammatic representation of mean serum protein level (g/dl) of weaning rats 148
Fig-46B  Diagrammatic representation of mean serum protein level (g/dl) of young rats 149
Fig-47  Comparative analysis of appearance of 10 food items 150
Fig-48  Comparative analysis of smell of 10 food items 151
Fig-49  Comparative analysis of taste of 10 food items 152
Fig-50  Comparative acceptability score of 10 items for appearance, taste and smell 153
Fig-51  Overall acceptability score of 10 recipes 154
Fig-52 A  Comparison of Energy content (kcal/100g) of 10 recipes 155
Fig-52 B  Comparison of Protein content (g/100g) of 10 recipes 155
Fig-52 C  Comparison of Fat content (g/100g) of 10 recipes 156
Fig-52 D  Comparison of Carbohydrate content (g/100g) of 10 recipes 156
Fig-52 E  Comparison of Calcium content (mg/100g) of 10 recipes 156
Fig-52 F  Comparison of Iron content (mg/100g) of 10 recipes 156
Fig-53  Change in moisture content (%) with length of storage 157
Fig-54  Change in pH with length of storage period 158