ACKNOWLEDGEMENTS

I am deeply grateful to my guide Prof. Tara Gopaldas, Head of Foods and Nutrition Department and Dean, Faculty of Home Science, for her constant support, encouragement and the invaluable time she gave me.

I am thankful to the University Grants Commission for granting me the Junior and the Senior Research Fellowships and to the Department of Science and Technology, Government of India, for sponsoring this project in part. Thanks also go to Mr. H.K. Vasuki, Director, Windsor Foods Ltd, Baroda for his help in the bulk production of biscuits and technical suggestions.

A word of mention is due for the kind cooperation extended to me by the staff of the ICDS, including the CDPO, the Supervisor, the Anganwadi workers and the helpers. Thanks are also due to the subjects who willingly enrolled in the study.

I would like to thank Dr. Gowrinath Sastri, Scientist, National Institute of Nutrition, Dr. Sunder Gujral, Prof (Retd), and Mrs Subadra Seshadri, Reader, Department of Foods and Nutrition, for their invaluable suggestions at various stages of my work.

Sincere thanks to Mr. Derek Sequeira who so willingly and patiently helped me finish what seemed to be a never-ending task! I much appreciate the support that my friends - Ira, Chanda, Radhika, Anuradha, Pumima, Naina, Reena and Subbarao gave me.

I wish to express my sincere thanks to Alpha Photo Composers, Indore for the typing work and Mr. Dilip Chinchalkar for the art work.

(Neeru Mital)