

Fig. 1 Typical Asian child still taking bottle at the age of 3 years and living on milk diet only.

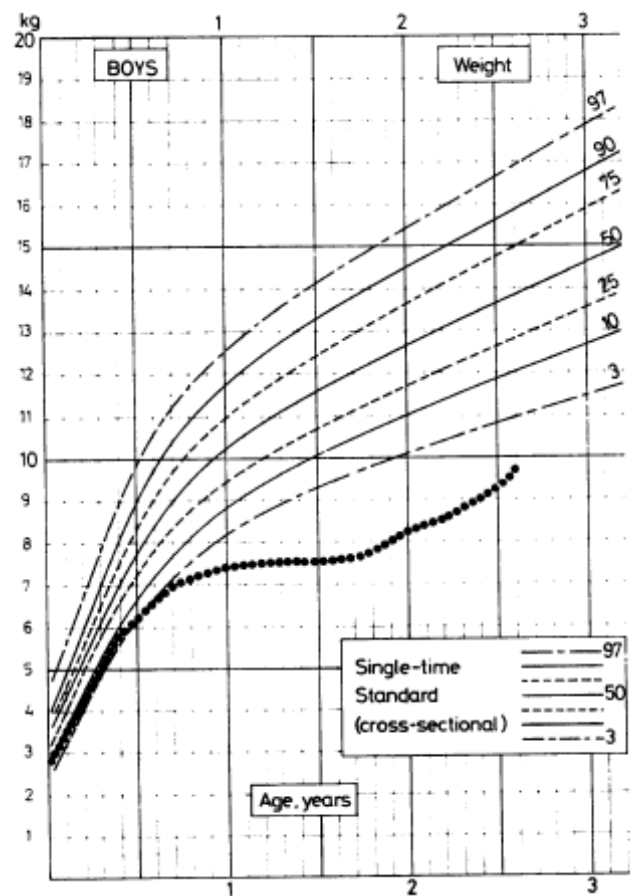


Table 2. Influences on weaning practices

Knowledge	Education Availability of appropriate weaning information Influence of family, friends, media, health professionals
Beliefs	Religion Culture Retaining old traditions
Attitudes	Isolation Psychological state
Resources	Domestic circumstances Socio-economic status Poverty limiting choice of foods Availability of familiar foods Family support

Table 2 Some food sources of protein acceptable in a vegetarian diet

English	Hindi/Urdu
Bengal gram } Chick pea }	Kabuli chana
Green gram	Moong dal
Black gram	Urad dal
Red gram	{ Arhar dal Toor dal
Lentil	Masoor dal
Split peas	Chane ki dal
Fresh peas	Mutter
Baked beans	Baked beans
Soya beans	Soya beans
Broad beans	Farmar fali
Lentil flour	Besan
Cereals	Anaj
Vermicelli	Siwayyan
Semolina	Sugi
Rice	Chawal
Nuts	Mewa

(1) *Rice porridge*: rice 50 g; powdered roasted groundnut 15 g, powdered roasted greengram dhal 25 g, sugar or jaggery 30 g. *Method*: cook the rice; add to the cooked rice the pulse and groundnut powders; add sugar or jaggery and cook for a few minutes.

(2) *Wheat-green gram laddu*: whole wheat 30 g, greengram dhal 20 g, groundnuts 8 g, jaggery 20 g. *Method*: roast the wheat, greengram dhal, and groundnuts separately and powder them; mix the powders and make the mixture into balls with thin syrup prepared from the jaggery.

(B) Jelliffe (1968) *Infant Nutrition in the Subtropics and Tropics*.

(1) *Naram-Khichri*: a gruel made of three parts rice and one part of dhal (India).

(2) *Bengal gram brew*: prepared by workers at the Nutrition Research Laboratories, Coonoor, South India, and composed of Bengal gram (*Cicer arietinum*) powder 250 g, peeled ripe bananas 100 g, and jaggery (palm sugar) 70 g.