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IMPACT OF FOOD FORTIFICATION ON CHILD GROWTH AND DEVELOPMENT DURING COMPLEMENTARY FEEDING

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There appears to be increasing evidence of the relationship between infant feeding practices and growth during infancy E ective complementary feeding has demonstrated observable positive e ect on linear growth of a child within the rst 24 months of life. It appears that improved complementary feeding is directly proportional to linear growth of a child. Forti cation of commonly used food vehicles provides opportunity for increasing nutrient intake during infancy and has potential to improve growth and development dimensions. is review scanned through 186 articles and adopted mini-systematic review through common search engines mainly PubMed, BioMed Central and google scholar. e result based on articles which met the minimum selection criteria identi ed milk, iodine, maize meal porridge and vegetable oils as recurring forti cation vehicles in the context of complementary feeding. Signi cant impact of forti cation on linear and cognitive growth was demonstrated across the included empirical studies. However, the review re ects outcomes that still do not demonstrate direct cause and e ect relationships and rather implied meaning.

Key Words: Food, Forti cation, Child Growth, Development, Complementary feeding

Biography

'DYLG 2 2NH\R LV D 3XEOLF +HDOWK 1XWULWLRQLVW DQG D &KLHI ([HFXWLYH 2I¿FHU RI .HQ\D 1XWULWL No. 18, 2007. David served as a head of department of nutrition and health at Maseno University for a period of two and a half years. He has published over 30 DUWLFOHV LQ SHHU UHYLHZ MRXUQDOV DQG ERRNV LQ WKH DUHD RI GLVHDVH SUHYHQWLRQ SXEOLF K has presented a number of papers as orals and posters at International and National conferences.

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