

Acceptance of a Complementary Food based on Provitamin A-Biofortified Maize and Chicken Stew

Ruwaida Amod¹, Kirthee Pillay², Muthulisi Siwela³ and Unathi Kolanisi⁴

Dietetics and Human Nutrition & African Centre for Food Security, School of Agricultural, Earth and Environmental Sciences, University of KwaZulu-Natal, Private Bag X01, Scottsville, 3209, Pietermaritzburg, South Africa

Telephone: +2733 2605674, E-mail: ¹<ruwaida@telkomsa.net>, ²<pillayk@ukzn.ac.za>, ³<siwelam@ukzn.ac.za>, ⁴<kolanisi@ukzn.ac.za>

KEYWORDS Biofortification. Caregivers. Children. Malnutrition. Sensory Acceptability. Vitamin A

ABSTRACT This study aimed to determine the acceptance of a composite complementary food prepared with provitamin A-biofortified maize and chicken stew by caregivers (n=59) in rural KwaZulu-Natal. Grains of two provitamin A-biofortified maize varieties and a white variety (control) were used as the major ingredient in the composite complementary foods. The sensory acceptability of the complementary foods was rated using a five-point facial hedonic scale. Focus group discussions were conducted in order to assess the perceptions of the selected participants about the composite complementary foods. Sensory evaluation results showed that the acceptability of the complementary foods containing the biofortified maize was similar to that of the control. The subjects had positive perceptions about the taste, texture, aroma and colour of the composite complementary food prepared with the two varieties of biofortified maize. The results suggest that provitamin A-biofortified maize has the potential to replace white maize in complementary feeding.