

**ASSESSMENT OF NUTRITIONAL AND FUNCTIONAL  
PROPERTIES OF PROBIOTIC COMPLEMENTARY FOOD MIXES  
FROM LOCALLY AVAILABLE CEREALS AND LEGUMES**

Thesis Submitted to In Partial Fulfillment of the Requirements for the  
**Degree of Doctor of Philosophy in Food Science and Nutrition**

By

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## 80\_Recommendation

Commercialisation of the probiotic complementary food mixes by transfer of technology to industries.

- New studies can be done at molecular and cellular level to understand the digestibility of probiotic complementary food mixes which can help to improve infant health.
- Further studies may also be done to assess if the complementary food mixes can also be given to other vulnerable groups of populations like pregnant /lactating and elderly people.
- To create awareness on homemade complementary food mixes prepared using locally available cereals and legumes and popularization can be done through social media aids among the masses.
- The concept of Probiotic complementary food mixes can be forwarded to Ministry of Consumer affairs to include in Public Distribution System (PDS) and Targeted Public Distribution System (TPDS) to meet the nutrition security among vulnerable sections of a community.
- Recommending to policy makers in Government of India and Government of Tamil Nadu to include this probiotic complementary food mixes in the noon-meal schemes to enhance the nutritional status of beneficiaries and to reduce diarrheal incidences.