

# 'Children should be fed family diet for normal growth'

BSS, Dhaka

Children aged six months and onwards should have different items of our diet as complementary food, for their normal physical and mental growth.

"We have to bring change in complementary food items for children as they have equal tastes like adults," Chairperson of Training and Assistance for Health and Nutrition (THAN) Foundation Dr Rukhsana Haider told yesterday.

Children cannot continuously have the same food, she said, adding that they want change in food items like adults.

Rukhsana, also a former associate scientist of International Centre for Diarrhoeal Disease Research, Bangladesh (ICDDR, B), said many people give their children the same food again and again as complementary food.

As result, those children lose their taste

and decline to have complementary food, which push them into malnutrition.

After six months of age, children need complementary food along with breast milk for their proper mental and physical growth, Rukhsana added.

She suggested people to feed their children from family diets such as rice, fish, meat, eggs, colourful vegetables and fruits. Complementary food is needed for children from the age of six months for normal growth, said Chairperson of Bangladesh Breastfeeding Foundation Dr SK Roy. "We prefer the complementary food prepared at home," he added.

He said children could suffer from malnutrition despite having complementary food along with breast milk, if the complementary food is not prepared with six components- carbohydrate, protein, fat, vitamin, mineral and water.

Dr Roy said children have small stom-

achs and cannot consume much food at a time. "So, we should prepare complementary food by mixing different items so that small quantities of it contain much calorie," he added.

World Health Organization (WHO) recommended breastfed children of 6 to 23 months to be given food from animal source, fruits rich in vitamin A and vegetables daily.

Breastfed infants (6-8 months) should be fed complementary foods two to three times per day, with one to two snacks as desired. Breastfed children (9-23 months) should be fed the meals three to four times per day, with one or two snacks.

Children aged 6-23 months and stopped being breastfed should receive milk products to ensure that their calcium needs are met.

In addition, they need animal-sources foods and vitamin A-rich fruits and vegetables.



ATN Bangla Chief Adviser Saiful Bari speaks at a seminar titled "New era of public relations in the world" at a city hotel recently.

## Be familiar with new info, tech

Speakers urge PR men

STAFF CORRESPONDENT

Speakers at a seminar recently stressed the need for public relations officials to be familiar with new ideas, tools as well as information and communication technologies, a press release said.

They were speaking at a seminar titled "New era of public relations in the world", organised by Bangladesh Public Relations Association at a city hotel.

Speaking as the chief guest, ATN Bangla Chief Adviser Saiful Bari termed the present era as the era of public relations.

He said officials of public relations need to understand the psychology of the people as well as new technological tools, the press release added.

Bangladesh Public Relations Association President Mirza Tarequl Kader chaired the programme while BSS Managing Director Ehsanul Karim, Bangladesh Television Deputy Director General (News) Shiekh Saleq, Association Secretary General ASM Bazul Haque, Joint Secretary General Mahfuzur Rahman and former president Mostafa-e-Jamil spoke at the seminar.

## Bangladesh Army to replace contingents in Sudan

METRO DESK

Bangladesh Army is going to replace its contingents at United Nations Mission in Sudan.

A total of 315 members of two contingents BANEN-GINEER-10 (Demining) and BANEN-GINEER-11 (Construction) will be deployed in Sudan by two flights, said an ISPR release.

In the first flight, a total of 165 army personnel including officers led by Lt Colonel

Ahsanul Kabir left Dhaka for Ivory Coast by a UN chartered plane on Friday. Remaining members of the contingent will leave Dhaka for Sudan on September 15, 2010.

Mentionable, Bangladesh Army contingent has been deployed in UN peacekeeping mission in Sudan since 2005.

Bangladesh Army achieved the confidence of Sudan government and general public by discharging duties in mitigating conflict with efficiency, professionalism and sincerity.

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