

RECIPES, INGREDIENTS AND ENERGY CONTENT FOR AUGMENTED HOME PREPARED FOODS

Action Research and Training for Health, Udaipur, Rajasthan

Sr. No	Name of Recipe	Ingredients	Cooking Time	Quality of Cooked Food (g)	Nutritive Value per 100g	
					Kcal	Protein(g)
1	DALIA PORRIDGE (SWEET DALIA/ LAPSI)	Dalia (broken wheat) 1 bowl	50 min	650	Kcal	208.15
		Oil- 1 ladle			Protein(g)	3.12
		Cow milk- 2 glasses			Fat(g)	13.26
		Sugar- 1 bowl				
		Water- 3 glasses				
2	DALIA KHICHERI	Dalia (broken wheat) 1 bowl	1 hr	700	Kcal	194.01
		Oil- 1 ladle			Protein(g)	5.33
		Cow milk- 2 glasses			Fat(g)	12.43
		Moong Da- 1 Bowl				
		Water- 6 glasses				
		Salt as per taste				
3	MAKKI KA GHAAT (MAIZE KHICHERI)	Broken Maize (dalia)	1 hr	700	Kcal	194.11
		Oil- 1 ladle			Protein(g)	5.23
		Cow milk- 2 glasses			Fat(g)	12.63
		Moong Da- 1 Bowl				
		Water- 6 glasses				
		Salt as per taste				
4	SUJI HALWA (SUJI PORRIDGE)	Suji- 1 ½ bowl	20 min	700	Kcal	285.2
		Oil- 1 ½ ladle			Protein(g)	4.03
		Cow milk- 2 ½ glasses			Fat(g)	17.46
		Sugar- 1 ½ bowl				
5	SUJI UPMA	Suji- 1 ½ bowl	20 min	675	Kcal	236.8
		Oil- 1 ½ ladle			Protein(g)	4.03
		Cow milk- 2 ½ glasses			Fat(g)	18.1
		Salt as per taste				

6	SALTED KHICHERI	Rice- 1 bowl	1 hr	700	Kcal	194.41
		Oil- 1 Ladle			Protein(g)	4.8
		Cow milk- 2 glasses			Fat(g)	12.31
		Moong dal- 1 bowl				
		Water- 6 glasses				
		Salt as per taste				

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S.No	Recipe Name	Raw Ingredients	Cooked amount (in gm and household measure) 1cup=200ml	Energy content	Energy per 100 g cooked amount
1	<u>Rice- Pulse porridge</u>	Rice flour 15gm Roasted green gram flour/roasted Bengal gram flour- 10gm Sugar -15gm Milk- 200ml Oil- 10gm	200ml/ 1 cup	370 cal/200ml	185cal/100ml
2.	<u>Ragi porridge</u>	Ragi flour- 25 gm Sugar- 15gm Milk- 200 ml Oil- 10gm	200ml/ 1 cup	365 cal/200ml	180cal/100ml
3.	<u>High Calorie Cereal Milk</u>	Rice flour- 15gm Milk- 100ml Sugar-10gm Oil-5	125 ml	230Cal/125 ml	187jcal/100ml
4.	<u>Pulse payasam</u>	Roasted Bengal gram/ green gram- well cooked & mashed-15gm Milk-100ml Jaggery-20gm Oil -5gm	125ml	240cal/125ml	190cal/100ml
5.	<u>Kichidi</u>	Rice- 15gm Green gram dhal-10gm Green leafy vegetable-10gm (optional) Oil-5gm	100gm/ ½ cup	130cal/100gm	130 cal/100gm

6.	<u>Ragi laddu</u>	Roasted <i>ragi</i> flour- 25 gm Roasted green gram dhal/roasted Bengal gram flour -10gm Sugar/jaggery-25gm Oil-5gm	55gm/ 1 no.	257cal/55gm	465cal/100gm
7.	<u>Bengal gram vada</u>	Bengal gram soaked and coarsely ground- 25gm Green leafy vegetables-10gm (optional) Onions- 10gm (optional) Oil-10gm (for frying)	50gm/ 1 no.	180cal/50gm	360cal/100gm
9.	<u>Sweet Rice Balls</u>	Roasted rice flour-25gm Roasted green gram flour-15gm Sugar- 15gm Oil-10gm	85gm/2 balls	337cal/85gm	395cal/100gm
10.	<u>Ragi Chapathi</u>	Ragi flour-25gm Roasted pulse flour (green gram/ Bengal gram) - 15gm Green leafy vegetables – chopped 10gm (optional) Oil- 5gm Salt to taste	60gm/ 2 small no.	177/60gm	295cal/100gm
11.	<u>Ragi burfee*</u>	Roasted <i>ragi</i> flour-25gm Roasted bengal gram flour-25gm Oil-15gm Sugar-50gm Water-50gm	150gm/ 3 pieces	435/100gm	435cal/100gm
12.	<u>Ragi Halwa*</u>	Roasted <i>ragi</i> flour-35gm Jaggery-20gm Deskins and roasted groundnuts-25gm Water-50ml	150ml/ 3 pieces	384cal/100gm	384/100gm

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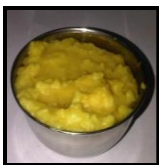
No	Recipe Name	Raw Ingredients in gm/ ml (HH measures)	Cooked amount (in gm and household measure)	Energy content	Energy per 100 g cooked amount
1.	<i>Khichri</i>	<i>Moong dal</i> : 15gm (3 tsf), Rice: 15 gm (3 tsf), Water: 180 ml (1 glass), Oil: 15ml (3 tsf)	140gm (1 <i>katori</i>)	239kcal	171kcal
2.	Rice+ <i>Dal</i>	<i>Moong dal</i> : 20 gm (4 tsf), Water: 180 ml (1 glass), Rice: 15 gm (3 tsf), Water: 60 ml (1/3 rd glass), Oil: 10 ml (2 tsf)	101gm (1 <i>katori</i>)	211kcal	209kcal
3.	Roti+ <i>Dal</i>	<i>Moong dal</i> : 15 gm (3 tsf), Wheat flour: 12.5 gm (1/2 <i>chapati</i>), Water: 120ml (2/3 rd glass), Oil: 10ml (2 tsf)	85 gm (1 <i>katori</i>)	185kcal	218kcal
4.	Roti+Milk+Sugar	Milk full cream: 50ml (1/4 th glass), Wheat flour: 25 gm (5 tsf / 1 <i>chapati</i>), Sugar: 15gm (3 tsf), Oil: 5ml (1tsf)	102gm (1 <i>katori</i>)	224kcal	220kcal
5.	<i>Suji kheer</i>	<i>Suji</i> : 10 gm (2 tsf), Milk full cream: 150 ml (3/4 th glass), Sugar: 10 gm (2tsf), Oil: 5ml (1 tsf)	99gm (1 <i>katori</i>)	220kcal	222kcal
6.	Rice <i>kheer</i>	Rice: 10 gm (2 tsf), Milk full cream: 200ml (1 full glass), Sugar: 10gm (2 tsf), Oil: 5ml (1 tsf)	112 gm (1 <i>katori</i>)	254kcal	227kcal
7.	<i>Suji Upma</i>	<i>Suji</i> : 20 gm (4 tsf), Oil: 15 ml (3 tsf), Water: 120 ml (2/3 rd glass)	119gm (1 <i>katori</i>)	205kcal	172kcal
8.	<i>Suji Halwa</i>	<i>Suji</i> : 15 gm (3 tsf), Sugar: 15 gm (3 tsf), Oil: 10 ml (2 tsf) + 5ml (1 tsf), Water: 100 ml (1/2 glass)	92gm (1 <i>katori</i>)	247kcal	268kcal
9.	<i>Atta Halwa</i>	Wheat flour: 15 gm (3 tsf), Sugar: 15 gm (3 tsf), Oil: 10 ml (2 tsf), Water: 120 ml (2/3 rd glass)	115gm (1 <i>katori</i>)	201kcal	175kcal

Household Measures: tsf: teaspoonful, 1 tsf = 5 ml; 1 *katori*: 100 ml; 1 glass: 180 ml

The glass, *katori* and spoon to measure ingredients in household measures will be given by study team as gift to families

RECIPES FOR PREPARING 1 KATORI FOOD

DAL BASED



KHICHRI: Raw ingredients: *Moong dal*-3 tsp, Rice-3 tsp, Water-1 glass, Oil-2 tsp. **Method of preparation:** Soak 3 tsp *Moong dal* and 3 tsp rice in water. Boil 1 glass of water, add soaked *Moong dal* and rice, and salt to taste. Cover with lid and let it cook. Put the cooked *khichri* in *katori* and add 3 tsp of oil.

RICE+DAL: Raw ingredients: *Moong dal*- 4 tsp, water-1 glass; Rice- 3 tsp, Water- $\frac{1}{3}$ glass, Oil-2 tsp. **Method of preparation:** Soak 4 tsp *Moong dal* and 3 tsp rice in water. Boil one glass of water, add soaked *Moong dal* and salt to taste, cover with lid and let it cook. In another utensil, boil $\frac{1}{3}$ glass of water and add soaked rice, cover with lid and let it cook. Mix the cooked rice and *dal* in a *katori* and add 2 tsp of oil.

ROTI+DAL: Raw ingredients: *Moong dal*-3 tsp, Water- $\frac{2}{3}$ glass, *Roti*- $\frac{1}{2}$, Oil-2 tsp. **Method of preparation:** Soak 3 tsp *Moong dal* in water. Boil $\frac{2}{3}$ glass of water, add soaked *Moong dal* and salt to taste, cover with lid and let it cook. Break $\frac{1}{2}$ *roti* into very small pieces in a *katori*, pour cooked *dal* and add 2 tsp oil.



MILK BASED

ROTI+MILK+SUGAR: Raw ingredients Milk (full cream)- $\frac{1}{4}$ glass, *Roti*-1, Sugar-3 tsp, Oil-1 tsp. **Method of preparation:** Mix 3 tsp sugar in $\frac{1}{4}$ glass of milk. Break 1 *roti* into very small pieces in a *katori*, add sugar mixed milk and 1 tsp oil to it.

RICE KHEER: Raw ingredients Rice-2 tsp, Milk (full cream)-1 full glass, Sugar-2 tsp, Oil-1 tsp. **Method of preparation:** Boil one full glass of milk, add 2 tsp rice and let it get cooked. Once it is of thick consistency, add 2 tsp sugar. Pour in a *katori* and add 1 tsp of oil.

SUJI KHEER: Raw ingredients *Suji*-2 tsp, Milk (full cream)- $\frac{3}{4}$ glass, Sugar-2 tsp, Oil-1 tsp. **Method of preparation:** Roast 2 tsp of *suji*, add $\frac{3}{4}$ glass of milk and let it get cooked. Once it is of thick consistency add 2 tsp sugar. Pour it into a *katori* and add 1 tsp of oil.

SNACKS RECIPES



ATTA HALWA: Raw ingredients *Atta*-3 tsp, Sugar-3 tsp; Oil-2 tsp, Water- $\frac{2}{3}$ glass. **Method of preparation:** Heat 2 tsp oil and roast 3 tsp *atta*. Add 3 tsp sugar and $\frac{2}{3}$ glass of water and cook it. Pour it into a *katori* and serve.

SUJI HALWA: Raw ingredients *Suji*-3 tsp, Sugar-3 tsp; Oil-2 tsp + 1 tsp, Water- $\frac{1}{2}$ glass. **Method of preparation:** Heat 2 tsp oil and roast 3 tsp *suji* in it. Add 3 tsp sugar and $\frac{1}{2}$ glass of water and cook it. Pour in a *katori* and add 1 tsp oil.

SUJI UPMA: Raw ingredients *Suji*-4 tsp, Oil-3 tsp, Water- $\frac{2}{3}$ glass. **Method of preparation:** Heat 3 tsp oil and roast 4 tsp *suji*. Add $\frac{2}{3}$ glass of water and salt to taste and cook it. Pour into a *katori* and serve

Use the given spoon, glass and *katori* to measure

To Evaluate The Impact of Three Feeding Regimens On the Recovery of Children from Uncomplicated Severe Acute Malnutrition In India and to Use the Evidence to Inform National Policy

Participant Card

Name of the Child: _____ Child Id: _____

Sex: _____ Date of birth: _____

Mother's name: _____ Father's name: _____

Date of enrollment: _____

Date of censorship: _____

Please bring the child to the study clinic immediately if:

Child is unable to drink, stops feeding well, or develops fever, diarrhea, or fast or difficult breathing

STUDY CLINIC

Centre for Health Research and Development, Society for Applied Studies, 680, Gali No. 5, Devli Gaon, Nai Basti, , New Delhi

FOR QUERIES, CONTACT

Dr. Sanjana Mohan:
9871119331

Dr. Sowmya Prakash

TIMINGS

Monday to Friday: 9 am to 4 pm

Saturday: 9 am to 1 pm

SPECIAL FOODS FOR MALNOURISHED CHILDREN

- The recipes given behind are special foods for malnourished children
- Feed your child _____ *katori* of these recipes everyday
- The child can eat these special foods as much as he/she wants at one time
- The child should eat these special foods every 2 to 4 hours
- The child should eat at least 8 times a day
- Give the child _____ tablets every day
- Feed other foods only if the child has consumed the recommended amount for the day
- Continue breast feeding
- Offer the child clean water to drink at will
- Wash your hand with soap and water before preparing the recipes given behind.
- Wash your and child's hands with soap and water before feeding
- Grind the tablet. Mix the powdered tablet in 1 to 2 teaspoons of the first meal for the day and feed this first. If two tablets are to be given, the second powdered tablet can be mixed in 1 to 2 teaspoon of the other meals to be offered during the day.
- Feed slowly
- Store the raw ingredients in the jars provided and keep in a secure place

If you have to go out of station suddenly for a few days, please contact us – Devender: 8588863074

PRIMARY AND SECONDARY OUTCOMES IN THE TREATMENT PHASE BY SITE

Action Research and Training for Health, Udaipur, Rajasthan

	Treatment Groups		
	A-HPF n=88	RUTF-C n=83	RUTF- L n=96
Primary Outcome			
Recovered by 16 weeks	32 (36.4)	32 (38.6)	53 (55.2)
Secondary Outcomes			
Weight gain in g/kg/day of baseline weight; Mean (SD)	2.1 (2.1)	2.2 (2.2)	3.8 (4.3)
Median(IQR)	1.2 (0.8, 2.8)	1.2 (0.8, 3.4)	1.9 (0.9, 5.2)
Time to recovery (wk) in children who recovered during the treatment phase, Mean (SD)	7.6 (4.0)	5.8 (3.8)	5.8 (3.9)
	7.5 (4.5, 10.5)	5 (3, 8.5)	5 (3, 9)
Children died	0	1	0
Children hospitalized	10 (11.4)	4 (4.8)	7 (7.3)
	n=77	n=68	n=83
Children with diarrhea	47 (61.0)	38 (55.9)	45 (54.2)
Children with ALRI	18 (23.4)	6 (8.8)	14 (16.9)
Children with fever	52 (67.5)	40 (58.8)	42 (50.6)

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	Treatment Groups		
	A-HPF n=78	RUTF-C n=80	RUTF- L n=79
Primary Outcome			
Recovered by 16 weeks	30 (38.5)	39 (48.8)	43 (54.4)
Secondary Outcomes			
Weight gain in g/kg/day of baseline weight; Mean (SD)	1.9 (2.5)	3.0 (3.6)	3.1 (3.8)
Median (IQR)	1.3 (0.8, 2.4)	1.5 (0.9, 3.5)	1.8 (0.8,3.5)
Time to recovery (wk) in children who recovered during the treatment phase, Mean (SD)	8.3 (4.8)	6.2 (4.2)	6.4 (3.9)
Median (IQR)	8.5 (4, 12)	5 (3, 10)	6 (3, 9)
Children died	0	0	0
Children hospitalized	6 (7.7)	10 (12.5)	5 (6.3)
	n=72	n=73	n=73
Children with diarrhea	10 (13.9)	10 (13.7)	5 (6.9)
Children with ALRI	3 (4.2)	3 (4.1)	5 (6.9)
Children with fever	40 (55.6)	32 (43.8)	36 (49.3)

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	Treatment Groups		
	A-HPF n=119	RUTF-C n=117	RUTF- L n=115
Primary Outcome			
Recovered by 16 weeks	60 (50.4)	62 (53.0)	69 (60.0)
Secondary Outcomes			
Weight gain in g/kg/day of baseline weight; Mean (SD)	3.5 (4.5)	3.7 (3.8)	3.6 (3.7)
Median (IQR)	1.8 (0.9, 4.1)	2.3 (0.9, 5.1)	2.3 (1.1, 5.0)
Time to recovery (wk) in children who recovered during the treatment phase, Mean (SD)	6.3 (4.6)	5.8 (4.1)	6.0 (4.2)
Median (IQR)	5 (2.5, 9)	5 (2,8)	5 (3, 9)
Children died	0	1	1
Children hospitalized	14 (11.8)	16 (13.7)	10 (8.7)
	n=94	n=94	n=93
Children with diarrhea	44 (46.8)	44 (46.8)	59 (63.4)
Children with ALRI	17 (18.1)	15 (16.0)	16 (17.2)
Children with fever	70 (74.5)	70 (74.5)	66 (71.0)

All values are n (%) unless otherwise indicated; Diarrhoea: Passage of ≥ 3 loose or watery stools in 24 hour period
ALRI: Presence of cough OR difficult breathing and either fast breathing or lower chest indrawing); Fever as reported by caregiver

Characteristics of children from the African trials and the current India trial

	Oedema/All children	WHZ Mean (SD)	HAZ Mean (SD)	MUAC Mean (SD)
Ciliberto 2005	434/992 (43.8%)	-2.2 (0.8)	-3.0 (1.5)	11.6 (1.4)
Manary 2004	77/96 (80.2%)	-2.0 (0.9)	-3.7 (1.6)	11.9 (1.5)
Ndeka 2005	11/28 (39%)	-2.8 (0.9)	-3.4 (1.5)	10.6 (1.4)
Oakley 2010	721/929 (77.6%)	-2.0 (0.9)	-3.0 (1.5)	12.2 (1.3)
India, current trial	2/903 (0.2%)	-3.5 (0.5)	-3.0 (1.5)	11.8 (0.8)

The key differences between the children enrolled in our study and the African studies were:

- The prevalence of oedema ranged from 39% to 80% in African studies, but was only 0.2% in our trial i.e. we had predominantly marasmic type of SAM, whereas Africa had kwashiorkor in a large proportion.
- The mean WHZ ranged from -2.0 to -2.8 in the African studies but was -3.5 in our study.
- The mean HAZ and MUAC in our study with that of African studies was similar.

It should also be noted that most of the African studies used height at enrolment to calculate WHZ during follow up rather than height measured at same time as the weight. In our study, we measured both height and weight at each weekly visit during follow up. Using height at enrolment would artificially increase the proportion of children who reach cut off for recovery.

SITE-SPECIFIC BASELINE CHARACTERISTICS OF ENROLLED CHILDREN AND THEIR FAMILIES

Action Research and Training for Health, Udaipur, Rajasthan

	Treatment Groups		
	A-HPF (n=95)	RUTF-C (n=90)	RUTF-L (n=99)
Age at enrolment, mean (SD)	25.5 (13.8)	25.6 (14.8)	25.7 (14.3)
Males	36 (37.9)	29 (32.2)	42 (42.4)
Weight-for-height Z score, mean (SD)	-3.5 (0.4)	-3.4 (0.4)	-3.4 (0.5)
< -3 to ≥ -4	81 (85.3)	80 (88.9)	85 (85.9)
< -4	14 (14.7)	10 (11.1)	14 (14.1)
Height-for-age Z Score: mean (SD)	-3.7 (1.1)	-3.4 (1.1)	-3.8 (1.4)
≥ -2	11 (11.6)	7 (7.8)	10 (10.1)
< -2 to ≥ -3	19 (20.0)	27 (30.0)	17 (17.2)
< -3 to ≥ -4	28 (29.5)	30 (33.3)	36 (36.4)
< -4	37 (39.0)	26 (28.9)	36 (36.4)
Mid-upper arm circumference: mean (SD)	11.5 (0.7)	11.6 (0.7)	11.4 (1.0)
<11.5 cm	38 (40.0)	31 (34.4)	44 (44.4)
11.5 to 12.4 cm	51 (53.7)	53 (58.9)	44 (44.4)
12.5 -13.0 cm	6 (6.3)	6 (6.7)	11 (11.1)
Fever/diarrhea/cough or cold/fast breathing) in previous 2 wk	63 (66.3)	50 (50.6)	64 (64.7)
Mother's age, mean (SD)	29.8 (6.5)	31.2 (7.4)	29.0 (5.7)
Mother's BMI <18.5 kg/m ² *	57 (60.0)	48 (53.3)	65 (65.7)
Mother never been to school	70 (74.5)	68 (75.6)	71 (72.5)
Mother's years of schooling, median (IQR)	1.9 (3.5)	1.7 (2.8)	1.7 (2.7)
Father never been to school	35 (37.2)	39 (44.3)	32 (32.7)
Father's years of schooling, median (IQR)	3.7 (3.4)	3.6 (3.9)	3.9 (3.4)
Religion of head of family			
Hindu	95 (100.0)	89 (98.9)	98 (99.0)
Muslim	0	1	1
Other	0	0	0
Caste of head of family			
Schedule caste/ schedule tribe	82 (87.2)	79 (87.8)	87 (87.9)
Backward	6 (6.4)	4 (4.4)	5 (5.1)
High	6 (6.4)	7 (7.8)	7 (7.1)
Persons residing in the house, mean (SD)	6.3 (2.3)	6.4 (2.0)	6.6 (2.5)
Piped water	0	0	0
Flush toilet within the house	0	0	0
Facility delivery	47 (49.5)	59 (65.6)	55 (55.6)
Family with below poverty line card	45 (47.4)	44 (48.9)	48 (48.9)
Type of family, nuclear	52 (54.7)	49 (54.4)	59 (59.6)

All values are n (%) unless otherwise indicated

*BMI measurement missing for 50 mothers: A-HPF (n=20), RUTF-C (n=17), RUTF-L (n=13)

	Treatment Groups		
	A-HPF (n=83)	RUTF-C (n=84)	RUTF-L (n=84)
Age at enrolment, mean (SD)	25.0 (14.4)	23.2 (12.4)	24.0 (12.2)
Males	43 (51.8)	47 (56.0)	46 (54.8)
Weight-for-height Z score, mean (SD)	-3.5 (0.5)	-3.5 (0.5)	-3.4 (0.3)
< -3 to ≥ -4	72 (86.7)	75 (89.3)	80 (95.2)
< -4	11 (13.3)	9 (10.7)	4 (4.8)
Height-for-age Z Score: mean (SD)	-2.7 (1.3)	-2.5 (1.3)	-2.4 (1.1)
≥ -2	30 (36.1)	31 (36.9)	28 (33.3)
< -2 to ≥ -3	28 (33.7)	23 (27.4)	32 (38.1)
< -3 to ≥ -4	14 (16.9)	21 (25.0)	17 (20.2)
< -4	11 (13.3)	9 (10.7)	7 (8.3)
Mid-upper arm circumference: mean (SD)	12.0 (0.7)	12.1 (0.7)	12.1 (0.6)
<11.5 cm	15 (18.1)	13 (15.5)	11 (13.1)
11.5 to 12.4 cm	42 (50.6)	41 (48.8)	43 (51.2)
12.5 -13.0 cm	26 (31.3)	30 (35.7)	30 (35.7)
Fever/diarrhea/cough or cold/fast breathing) in previous 2 wk	32 (38.6)	40 (47.6)	32 (38.1)
Mother's age, mean (SD)	25.4 (4.1)	26.4 (4.3)	27.0 (4.7)
Mother's BMI <18.5 kg/m ²	26 (31.3)	26 (31.0)	20 (23.8)
Mother never been to school	2 (2.4)	4 (4.8)	2 (2.5)
Mother's years of schooling, median (IQR)	8.2 (3.2)	8.3 (3.6)	9.1 (2.9)
Father never been to school	5 (6.0)	3 (3.6)	4 (4.8)
Father's years of schooling, median (IQR)	7.9 (3.5)	8.5 (4.1)	8.1 (3.3)
Religion of head of family			
Hindu	61 (73.5)	62 (73.8)	56 (66.7)
Muslim	18 (21.7)	15 (17.9)	14 (16.7)
Other	4 (4.8)	7 (8.3)	14 (16.7)
Caste of head of family			
Schedule caste/ schedule tribe	22 (26.5)	18 (21.4)	29 (34.5)
Backward	52 (62.7)	56 (66.7)	48 (57.1)
High	9 (10.8)	10 (11.9)	7 (8.3)
Persons residing in the house, mean (SD)	5.4 (2.3)	4.9 (1.6)	5.4 (2.1)
Piped water	31 (37.4)	30 (35.7)	31 (36.9)
Flush toilet within the house	47 (56.6)	43 (51.8)	52 (61.9)
Facility delivery	81 (97.6)	81 (96.4)	83 (98.8)
Family with below poverty line card	37 (44.6)	44 (52.4)	47 (56.0)
Type of family, nuclear	45 (54.2)	62 (73.8)	51 (60.7)

All values are n (%) unless otherwise indicated

	Treatment Groups		
	A-HPF (n=123)	RUTF-C (n=124)	RUTF-L (n=124)
Age at enrolment, mean (SD)	26.4 (14.0)	25.1 (14.1)	26.9 (14.8)
Males	64 (52.0)	73 (58.9)	75 (60.5)
Weight-for-height Z score, mean (SD)	-3.4 (0.4)	-3.5 (0.5)	-3.3 (0.4)
< -3 to ≥ -4	113 (91.9)	112 (90.3)	114 (91.9)
< -4	10 (8.1)	12 (9.7)	7 (5.7)
Height-for-age Z Score: mean (SD)	-2.7 (1.2)	-2.8 (1.1)	-2.9 (1.2)
≥ -2	34 (27.6)	30 (24.2)	29 (23.4)
< -2 to ≥ -3	36 (29.3)	44 (35.5)	38 (30.7)
< -3 to ≥ -4	42 (34.2)	31 (25.0)	37 (29.8)
< -4	11 (8.9)	19 (15.3)	20 (16.1)
Mid-upper arm circumference: mean (SD)	11.9 (0.8)	11.9 (0.8)	12.0 (0.7)
<11.5 cm	23 (18.7)	28 (22.6)	21 (16.9)
11.5 to 12.4 cm	71 (57.7)	69 (55.7)	72 (58.1)
12.5 -13.0 cm	29 (23.6)	27 (21.8)	31 (25.0)
Fever/diarrhea/cough or cold/fast breathing) in previous 2 wk	64 (52.0)	72 (58.1)	70 (56.5)
Mother's age, mean (SD)	26.2 (5.0)	26.2 (4.2)	26.3 (4.0)
Mother's BMI <18.5 kg/m ² *	51 (41.5)	61 (49.2)	66 (53.2)
Mother never been to school	45 (36.6)	44 (35.5)	63 (51.2)
Mother's years of schooling, median (IQR)	5.1 (4.6)	5.4 (4.8)	3.7 (4.6)
Father never been to school	19 (15.5)	24 (19.4)	33 (26.8)
Father's years of schooling, median (IQR)	7.5 (4.2)	7.3 (4.3)	6.5 (4.5)
Religion of head of family			
Hindu	86 (69.9)	95 (77.2)	94 (77.7)
Muslim	36 (29.3)	28 (22.8)	24 (19.8)
Other	1	0	3 (2.5)
Caste of head of family			
Schedule caste/ schedule tribe	37 (30.1)	37 (30.1)	42 (34.7)
Backward	43 (35.0)	44 (35.8)	33 (27.3)
High	43 (35.0)	42 (34.2)	46 (38.0)
Persons residing in the house, mean (SD)	5.8 (2.6)	5.7 (3.0)	5.7 (2.4)
Piped water	24 (19.5)	21 (17.1)	26 (21.5)
Flush toilet within the house	98 (79.7)	107 (87.0)	99 (81.8)
Facility delivery	76 (61.8)	82 (66.7)	66 (54.1)
Family with below poverty line card	15 (12.2)	12 (9.8)	10 (8.3)
Type of family, nuclear	78 (63.4)	85 (68.6)	79 (63.7)

All values are n (%) unless otherwise indicated

*BMI measurement missing for 3 mothers: A-HPF (n=1), RUTF-C (n=0), RUTF-L (n=2)

REQUESTS FOR COMPLETE STUDY PROTOCOL

Requests for complete study protocol can be sent to the corresponding author. The details are provided below.

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