

Acceptability of Amaranth Grain-based Nutritious Complementary Foods with Dagaa Fish (*Rastrineobola argentea*) and Edible Termites (*Macrotermes subhylanus*) Compared to Corn Soy Blend Plus among Young Children/Mothers Dyads in Western Kenya

## Abstract

We assessed acceptability of two flours and porridges of complementary foods based on germinated grain amaranth and maize with or without edible termites and *dagaa* small fish named “Winfood Classic” (WFC) and “Winfood Lite” (WFL), respectively, compared to Corn Soy Blend Plus (CSB+) among mothers and young children. A total of 57 children consumed each of the three foods on separate days with one-day washout between foods. Each food was considered acceptable if the child consumed at least 75% of the serving. Most mothers preferred WFL flour and porridge (63.2% and 70.2%, respectively) compared to WFC (24.4% and 10.5%) and CSB+ (12.3% and 19.3%). Children consuming at least 75% of served porridge were 43%, 19.6% and 21% for WFL, WFC and CSB+, respectively. No adverse effects were observed for all the foods throughout the study period and follow up lasting 4 weeks. All foods were acceptable and can be further developed and be tested for efficacy.

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