

INTRODUCTION

The nutritional problems of developing countries are conditioned by poverty , near exclusive reliance on plant sources of nutrients and high rates of infections . The common deficiency diseases include PEM , nutritional anaemia , vitamin A deficiency , iodine deficiency and possible others . population subgroups at particularly high risk are the children and women of poor families (Brown and Solmons , 1991) .

Malnutrition is not merely one of the greatest public health problems in the world , it is also both a result and cause of social and economic underdevelopment (WHO , 1986) .

In Egypt , Abdu et al (1965) , Darwish et al (1978) , Guinena et al (1985) and Shoulah (1985) found in separate studies that , more than 55% of infants were suffering from malnutrition .

It may end , in early life , by physical and mental impairment (Shukry et al , 1972) .

Most feeding practices are part of customs and traditions in any community . They are passed down from one generation to the next . Beliefs and customs developed are changed by influences within the social and ideological environment of the health of recipients (Rosenau,1986) .