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Fortification of traditional dishes with soy: trends and challenges in Nigeria

*Olufunmilola Otitoola*, Federal Polytechnic Ede, Osun, Nigeria

In Nigeria, the 1970s was generally marked with huge earnings from crude oil and food importation at competitive prices. This ultimately along with other factors undermined domestic agricultural production. In the eighties when the price of crude oil began to fall, the nation's ability to import essential protein-rich food commodities also dropped and Nigeria could no longer properly feed her people resulting in malnutrition with the low income earners especially women and children (the vulnerable groups) as hit-targets. However, among other attempts to improve the nutrient intakes of these vulnerable groups Soybean was introduced about three decades ago.

This paper reviewed the key success stories of researches on soy utilization in the past three decades. Studies reviewed showed that traditional dishes made from cereals and roots/tubers can be fortified with soy up to 10-20% (depending on the processing methods) without altering the sensory properties to improve the nutritional contents of the food products. Some research outcomes have been successfully adopted in school-feeding program as well as in some health institutions and orphanages. Incorporation of soy into *ogi* made from fermented maize, sorghum, millet (or their mixtures) and wheat is a common household practice.

The major recurring constraints to soy utilization include inadequate soy processing skill, level of awareness and effects of controversies surrounding soybeans. It is recommended that monitored soy workshops be conducted at grass root level with a view to ascertain consumption pattern and impact on nutritional status.