

# Optimized design of infant nutrition rice noodles formula (1)



With the development of China's economic construction and the improvement of people's material life, nutrition and health issues have attracted more and more people's attention. The growth and development of babies is related to the health of human beings and the prosperity of the whole nation. Therefore, the quality of baby food It has received much attention. Some data show that the growth and development of infants in China from 0 to 6 months is almost the same as that of advanced countries, but the gap between them is significantly wide after 6 months.

## Microwave drying machine

It reflects the problem of feeding in infants in China for more than 6 months, mainly because the supplementary foods have not kept up. It is important to see the development of weaning foods and baby food supplements. The baby is in a critical period of growth and development, and has special food. Requirements, on the one hand, require hygiene, digestibility, adequate calories and nutrition, on the other hand, the proportion of nutrients is required. [Baby rice flour processing machinery](#).

However, the quality and price of some baby rice noodles on the market today are not satisfactory. Therefore, we regularly consume infants according to the nutrient supply standards recommended by the World Health Organization and the UN Food and Agriculture Organization and the nutrient supply standards recommended by China. The nutritious rice flour is optimized and designed to meet the nutritional requirements, and the lowest cost formula is obtained, so that the food can ensure the healthy growth of the baby and is inexpensive.

## Dietary balance theory

The "Guidelines for Diet of Chinese Residents" pointed out that in order to maintain human health, it is necessary to have a scientific diet and reasonable nutrition, that is, to require a balanced diet. Dietary balance is a comprehensive concept.

As early as 2000, before the "Yellow Emperor's Internal Classics and Su Wen", he put forward the idea of "grain for raising, five fruits for help, five animals for benefit, and five dishes for filling". The food is divided into four categories to represent each category. The nutritional value of food and the reasonable proportion in the diet. With the deepening of modern nutrition research, the connotation of dietary balance is constantly updated. In a nutshell, dietary balance means that the nutrients contained in the diet are not only complete in variety and quantity. Adequate, and suitable ratio, not only can meet the physiological needs of the body, but also avoid the nutritional imbalance caused by improper nutrition ratio of the diet, or even a lack of nutrients or excess.

However, traditional foods are not nutritious. At present, there are about 50 kinds of essential nutrients known to the human body. Except for breast milk, there is no natural food that can meet the needs of the whole body's comprehensive nutrients. To obtain comprehensive nutrition, the human body must eat. A variety of foods, the balance between the nutritional needs of the human body and the diet.