THE LADDOO PROJECT:
Embedding Sustainable Health Interventions
in Low-Income Communities

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DESIGN IMPACT
INCUBATE projects that transform communities.

EQUIP community leaders with social innovation tools.

ADVANCE methods of creative community change.
THE HEALTHY LADDOO PROJECT
Nutrition Content
Locally Available
Familiar Recipe
Low Cost
THE HEALTHY LADDOO
Tasty
COCONUT + WHITE MILLET LADDOO

INGREDIENTS
Wheat flour (187.5 grams), White millet flour (187.5 grams),
Desiccated coconut (125 grams), Flax seed (125 grams),
Ghee (50 grams (2 tablespoons)), Jaggery (350 grams),
Cardamom (2.5 grams (7-8 pods)), Milk (warmed) (~ 250 milliliters (~ 0.75 cup))

NUTRITION ANALYSIS
Energy Value 404 Kcal/ 100g
Protein 8.9g/ 100 g
Carbohydrate 55.9 g/ 100 g
Fat 16.1 g/ 100 g
Sugar 10.5 g/ 100g
Iron 5.80 Mg/ 100g
PEANUT LADDOO

INGREDIENTS
Wheat flour (375 grams), Sesame seeds (125 grams), Peanuts (150 grams), Ghee (50 grams (2 tablespoons)), Jaggery (375 grams), Cardamom (2.5 grams (7-8 pods)), Milk (warmed) (250 milliliters (~0.75 cup))

NUTRITION ANALYSIS
Energy Value  405 Kcal / 100g
Protein   9.4 g / 100 g
Carbohydrate  54.2 g / 100 g
Fat       16.7 g / 100 g
Sugar     5.8 g / 100g
Iron      3.03 Mg / 100g
Based on weight, 42% of children shifted from severely malnourished to moderately malnourished, moving from an average -2.5 SD to -1.5 SD.

Based on height, 54% of children shifted from severely malnourished to moderately malnourished, moving from an average -2.2 SD to -1.8 SD.
“What your results show is that height and weight have increased significantly and as the data is adjusted for age, the increase is not merely because they have grown older.”

Dr. Anuradha Khandilkar of Jehangir Hospital, Pune.
“We will be building a community of healthy people. Even with economic poverty, with this wealth of health we are together going to empower the community to be self-sufficient.”

-- Dr. Neela Onawale, Director, Deep Griha Society
THANK YOU.

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