

Introduction of Fish Early in the Complementary Feeding Period to Improve Infant Growth

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Goal: To determine if introduction of fish early in the complementary feeding improves infant's linear growth outcomes in Samfya District Zambia.

The study is a single blinded randomised controlled trial. The trial has two arms with the intervention group receiving fish powder (Chisense) while the control is receiving a placebo in the form of sorghum powder. Infants aged 6 months will be followed up for a period of 6 months until they are 12 months old. The total sample size estimate is 238 infants (119 infants per arm).

Trial registration: ClinicalTrials.gov Identifier: NCT03993860

Start date: 04/06/2019

End date 20/01/2020