

Spinach Pasta for Cerebral Palsy in Trinidad and Tobago

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Abstract: Portion controlled spinach pasta was developed for Cerebral Palsy (CP) patients. This paper presents the findings from a pre-study that was conducted to determine whether caregivers of CP children in Trinidad were willing to use nutrient dense spinach pasta. Spinach pasta was developed for oral and tube fed persons. Sensory evaluation was conducted on members of the Cerebral Palsy Society of Trinidad and Tobago (T&T). Chemical, nutritional and statistical analysis was also conducted. It was found from a survey that 95.8% stated there was inadequate information on CP to Trinidadians and Tobagonians which negatively impacted support through Government funding and quality of life for patients and caregivers. Most parents, 62.5% were unemployed and 25% were single or divorced. Most persons, 79.2% would buy the product while 85.7% liked the product. A novel finding was that the influence on purchasing behaviour was nutritive value and not price, usually determined in consumer studies. Spinach pasta is an easy, nutrient dense option for inclusion in the diet. Also, marketing of products for this community should emphasise nutritional content.

Keywords: Cerebral palsy, spinach pasta, feeding difficulty, Trinidad and Tobago