

ASSESSMENT OF NUTRITIONAL STATUS OF PREGNANT WOMEN

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

BAROT HARDI DILIPBHAI

Under the Guidance of

Ms. Krishna D. Thakkar

Asst. Professor

Department of Home Science

Children's University, Gandhinagar

Year 2019-20

Abstract:

Health and nutrition in early stages of human life determine, to a great extent, the physical and mental well being of a person. The present study was undertaken to determine the nutritional status of 50 pregnant women of Children's University sector-20, Gandhinagar and Sadvichar Parivar Ramdevnagar satellite, Ahmadabad Tapovan research center (Gujarat). This research is done on a questionnaire basis. In this research, BMI of pregnant women was taken by anthropometric

measurement using bathroom scale and vertical rule bar. This questionnaire is considered valid for research as it is filled by pregnant women. A total of 50 pregnant women out of which 20 in 1st trimester, 17 in 2nd trimester and 13 in 3rd trimester have been sampled as follows. The growth status of pregnant women was evaluated by applying anthropometric measurements, Questionnaire and food frequency questionnaire. Food frequency questionnaire (FFQ) was used to determine the frequency of different dietary intake by pregnant women. Iron folic acid supplements taken in the daily diet and iron rich foods in the diet showed good hemoglobin levels. BMI was used in anthropometric measurement which showed normal BMI in most of pregnant women. No information has been obtained about specific diets taken during pregnancy. Most pregnant women eat green leafy vegetables according to the season. The mental and physical condition of pregnant women is better known through yoga and pranayama performed at Tapovan center. GarbhSanskar activity performed in Tapovan center revealed a direct relationship between the mother and fetus. Praying in Tapovan center keeps the mind calm and self confidence has been shown to increase. Meditation brings peace of mind. Physical and emotional stress is removed. Concerns about the birth of the child and the health of child are removed. Positive thoughts and vibrations arise within oneself the mind remains concentrated through meditation and prayer. The nutritional status of pregnant women in Tapovan research center has been found to be good. Their physical and mental condition is good.

Keywords: Nutritional Assessment, Pregnant women, Anthropometric measurement, Food frequency