

KNOWLEDGE OF IYCE PRACTISE IN BREASTFEEDING WOMAN IN RURAL AREA IN MEHSANA DISTRICT

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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ABSTRACT:

The present study was undertaken to Food out the fraud consumption pattern and nutritional status of the lactating mother from Rural Areas, mahesana District. 100 lactating mother of 0 to 2 year of lactation were included in the present investigation. The findings of the study revealed that majority of the women were 25 to 30 years of age, belong to small family size and nuclear family, very low education and majority were worked as agricultural labour, animal husbandry and having very less income. Most of the lactating mother having 1 to 3 pregnancies at the time of investigation and married age was varied from 15 to 17 years. A very few lactating mother were used hospital facilities, majority were injected T.T. but low iron tablet consumed. Majority subjects were vegetarian and their diet also very simple and monotonous. Lactating mother had taken special food and not avoided any food during lactation. The lactating mother showed that the majority of first time breast feeding child in within one hour. During lactation mother should not take extra diet. The lactating mother showed that the consumption of various foods except cereals was regular and frequent. Wheat/ Millets / Rice were the staple cereals. Wild fruits consumed seasonally while animal foods once a week or monthly.

Keywords: Nutrition, Lactating women, Food, Dietary habbits, Breast feeding