

Study of nutritional status and prevalence of diseases in pregnant women.

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract:

Title

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Introduction

Diet is very important in pregnancy. Pregnant women are found to have higher dietary intake than normal women. The mother should take all the nutrients of each type. This is because the baby stays in the womb and receives nourishment through the placenta attached to the mother. So outside food should not be taken until it becomes food rather than harm.

Purpose

Pregnancy is a normal physiological state of women. It is very important to determine.

The nutritional status in pregnancy stage because in this stage pregnant women needs Extra nutritional requirement over her daily needs and development of fetus. The aim of this Study to determine the nutritional status of pregnant women in specific zone and compare Between urban and rural area.

Dietary Habits of Pregnant Women in Rural and Urban Areas To educate a pregnant woman in the village about nutrition so that she understands what to eat and what not to eat for the development of her and her child and develops good habits if certain habits are not good.

Method

A total of 80 samples have been taken for this study. Some women are taken in two ways, rural and urban. The study was conducted in and around Virpur taluka.

Questionnaire which included questions about basic information of pregnant women, information about dietary habits.

Keywords: Nutrition, Pregnant women, Food, Dietary habits