

A study of the food consumption pattern and Nutritional status of the Lactating mother

Dissertation for the Degree of Master of Science

Foods and Nutrition

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Year:2021-22

Abstract: The present study was undertaken to Food out the fraud consumption pattern and nutritional status of the lactating mother from Gandhinagar Taluka, Gandhinagar District. Sixty 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. Various complications during lactation such as mother low milk supply, insufficient weight gain, inverted nipple, nipple pain or injury, breast pain infection and sucking difficulties. During lactation mother should not take extra diet. The lactating mother showed that the consumption of various foods except cereals was irregular and infrequent. Wheat/Bajara/rice were the staple cereals. Wild fruits consumed seasonally while animal foods once a week or monthly. IV The diet of the subjects was deficient in energy, iron, calcium, riboflavin, niacin, B-carotene, ascorbic acid and protein. Cereals as staple food hence intake of thiamin was slight higher than RDA. Majority of the subjects were observed less than 18.50 BMI ie. Underweight and 74.00 per cent were found anemic, grades of anemia viz. 49.50 percent moderately, 22.00 per cent mildly and 2.50 per cent severally anemic. A significant correlation of anthropometric measurements with hemoglobin level of lactating mother was observed. Thus, it can be conclude that poor nutritional status widespread among the lactating mother. This problem raised from the many overlapping.

Key words: consumption pattern, lactation mother, RDA