

A Study On Taboos and Misconception Associated With Pregnancy Among Rural Women Of Mehsana District

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Abstract: Poor maternal nutrition, especially in rural settings, adversely affects pregnancy and birth outcomes. In many local communities, pregnant women have food taboos with consequent depletion of vital nutrients. This study is aimed at describing women who are likely to have certain taboos/misconceptions during pregnancy. Eating nutritionally balanced foods during pregnancy is very essential. In India, dietary habits of pregnant women are highly influenced by food fads, cultural taboos, customs and religious beliefs. Very minimum data is available on the dietary intake of pregnant and postpartum nutritional practices in India. Most communities, rural or urban, have taboos regarding foods to avoid during pregnancy, and most have local explanations for why certain foods should be avoided. Such taboos may have health benefits, but they also can have large nutritional and health costs to mothers and fetuses. As such, understanding local pregnancy food taboos is an important public health goal, especially in contexts where food resources are limited.

KEY WORDS: pregnant women, nutrients, health, Poor maternal nutrition