

NUTRITIONAL STATUS AND FOOD CONSUMPTION PATTERN OF URBAN PREGNANT WOMEN

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract: Although under nutrition in pregnant women in the study was found to be low. It should be considered as the major public health problem and under nutrition in pregnancy plays a key role for the higher prevalence of poor maternal health and impaired growth and development of child. The prevention of the maternal under nutrition is the long term in investment and requires a multi sectorian collaboration and the coordination between national and international organization. Consequently, the concerned governmental and existing non governmental bodies shall strength their co coordinated effort towards improving maternal nutrition by giving the due consideration to breakdown to mother in the younger age. Some psychological issued must be in a consideration for better mental health of pregnant women. The pregnant women and lactating mothers shall also be counseled for the proper dietary guidance and maintain their health.

KEY WORDS : pregnant women, health problem,