

# **A COMPARATIVE STUDY OF DIETARY HABITS PREGNANT WOMAN LIVING IN RURAL AND URBAN AREAS**

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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**Abstract:** This study was conducted to compare the dietary habits of pregnant women in urban and rural areas in Gandhinagar taluka. In the present investigation, 100 pregnant women from rural and urban areas were included from the second month to the ninth month of pregnancy. Women between the age of 30 years were pregnant and very less women above 30 years of age were pregnant and more related to joint family in rural areas and nuclear family in urban areas. and those who own more land have moderate incomes. And pregnant women in urban areas were mainly involved in home industry and company. In the present study most of the pregnant women were in second trimester and visited the hospital Anganwadi every month. very less number of pregnant women visited private hospital. Anthropometric measurements showed that most pregnant women had a height of 145 to 155 centimeters and a weight of 45 to 55 kg. The dietary information of the study subjects showed that most of the women were vegetarians and their diet was also very good, although the pregnant women from rural areas did not consume any special food during pregnancy but they consumed more green vegetables at home and those from urban areas. Pregnant women are more likely to eat outside packets and cheesy items and outside bakery products.

Key words: dietary habits ,pregnant women , urban and rural areas