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**DIET AND MALNUTRITION OF PREGNANT AND BREASTFEEDING (NURSING) WOMEN**

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**AMRAVATI**

**ABSTRACT**

*The problem of malnutrition is from before independence of India. Number of efforts were too place at government level for eradication of the malnutrition. But the problem is not controlled but spreading too much. In this regard the relation of diet malnutrition of pregnant and breast feeding women is very close at primary level for making research on the concern problem. Considering these 100 tribal women have been selected for the study. In this regard the reason malnutrition like poverty, child marriage the distance between two children have the close relation with the diet of pregnant women and malnutrition. Assuming this to study what diet pregnant women take during the pregnancy period how take how much take contents in the diet which is this ratio in the diet, how much context are essential in this period what quantity of diet should be used in the pregnancy period what duration should be there is the dinner what is the effect of diet in the growth and development of fetus for studying these aspects in other words to eradicate the malnutrition 100 pregnant women from Amravati district have been selected and the interview has been taken. It has been noticed through the data which has been collected through these women that they are not aware about what type of diet should be and what method should be for taking the diet. only 7% women have the information about the diet but it has been noticed that they are also not thinking into consideration. The finding of the Study is that there is need of special educational efforts to get the information about the effect of diet and nutritional value of the women on the growth and deployment of fetus.*

**KEYWORDS**

malnutrition, pregnant women, breastfeeding women.

**JEL CODES**

K32, B46, I12.

**INFORMATION**

**W**hen all nutritional contents do not get according to the need of body sometimes some contents get too much and some contents get little in the body. The result of this is known as malnutrition.

Healthy body is powerful food is very essential to get such efficiency food is very essential need of life and its utility is too much. food is very essential for the growth and development of the body. It is very essential to great news cells and for smooth mechanism of the all parts of the body.

Balance diet is a diet in which all the essential nutrients are included. Every child should have to start its healthy life for the good health of a child to get mothers milk care of pregnant woman is very necessary. There is no law for the particular diet in the pregnancy period. But the needs of the pregnant women are increased while the fetus is growing. The information about diet is necessary to get all the nutrients from the diet. The inclusion of items in the diet depends on the financial condition of family as well as the availability of the items.

Pregnancy is the natural stage in which have to nutrients their child the pregnant woman herself. So it is necessary to get proper diet to the pregnant woman. This proper diet also helps for the natural delivery and get rid of any complication. And also give the birth to the healthy child. In this regard, it is very necessary to find out the general reasons of malnutrition's.

1. Inadequate diet - The lack of one more nutrients in the diet which help for growth and development.
2. Habits about the diet - Only use of rice in the diet only drink tea or coffee, irregular dinner, eating in a hurry, these habits affect on the diet.
3. Heavy work and limited sleep- Rubbish and improper diet, unsuitable atmosphere for the health, financial condition affect the diet and malnutrition.

Food distribution system is faculty in India. As a result, a person do not get what he want. Most of the people live in rural area. These people do not get proper use of portions, vitamins, minerals in their diet so they become the victim of malnutrition and also of different diseases like tuberculosis, night blindness, beriberi scurvy, Rickets, goiter etc.

**OBJECTIVES OF STUDY**

1. To study what diet should take how much take, contents in the diet., quantity of diet in the pregnancy and breastfeeding period.
2. To study the relationship between the diet in the pregnancy period and malnutrition.
3. To find out the difficulties for natural delivery.

**RESEARCH METHODOLOGY**

1. Interview through questionnaires
2. Samples survey method.

**RESEARCH PERIOD AND AREAS**

The women who registered in the month of May and June of 2016 -17 in the hospitals of public sector of urban and rural area of Amravati district have been selected for the study.

**ANALYSIS****DIFFERENT CONTENTS IN BALANCE DIET**

Calories - Calories that need a person are depend upon age, sex, season etc., essential calories for a person.

**TABLE 1**

Sr.No	Work/ Action	Male (WEIGHT -55KG)	Female (WEIGHT -55KG)
1)	Low hard work / essay work	2400	2000
2)	Normal Hard	2800	2300
3)	High hard work Last of Months of pregnancy	3900	3000
4)	Pregnancy	-	2300
5)	Location period	-	2700

In the pregnancy period, pregnant woman need 300 more calories and a lactation period a woman need 700 more calories with the growing age activities and digestion is affected so low calories are needed.

Expected contents in the balance diet of women in pregnancy period and lactation period.

TABLE 2

Sr.No	Celories	Pregnancy period	Location period
1)	Calories	2520 kg	3700kg
2)	proteins	59gm	4 per kg
3)	Minerlas	1000mg	600mg
4)	Iron	40mg	30mg
5)	Vitamin A	3000 IU	1600 IU
6)	Vitamin D	400 to 800 IU	400+800 IU
7)	Vitamin B1	1.2 Mg	2.04Mg
8)	Vitamin B2	1.4MG	
9)	Vitamin C	40MG	80MG

With the help of the above chart pregnant 100 men should have the diet as mentioned in the following chart.

TABLE 3

Sr.No	Food Items	Vitamin (gm)	Non -Vitamin (gm)
1)	Cereals	400	400
2)	Pulses	70	55
3)	Vegetables	150	150
4)	Other vegetable	75	75
5)	Roots	75	75
6)	Fruits	30	30
7)	Milk	225	225
8)	Oil and Ghee	35	40
9)	Sugar /lagary	40	40
10)	Meats and Fish	-	40
11)	Eggs	-	30

25 gm oil and ghee can be included than the groundnut from the research point of view studied the different contents while preparing questionnaire and information have been collected.

Reference - Recommendation of IGMR Experts -1968.

The Ratio of nutrients in the daily diet of lactating women.

TABLE 4

Sr.No	Calories	2200+550 2200+400	(First 6 Months) (Nest 6 Months)
1)	Proteins	45+25+25	(25m-more than general)
2)	Calcium	1.0gm	
3)	Iron	40mg	
4)	Vitamin A,E,U	3000	
5)	Vitamin B1	1.8 mg	
6)	Vitamin B2	2.00 mg	
7)	Vitamin C	40mg	

Balance diet of Lactating women

TABLE 5

Sr.No	Food Items	Veg	Non- Veg
1)	Cereals	450	450
2)	Pulses	80	65
3)	Vegetables	150	150
4)	Other vegetable	75	75
5)	Roots	30	30
6)	Fruits	325	225
7)	Milk	50	55
8)	oil/ghee	50	50
9)	Suger/ aggerly	50	50
10)	Meat/Fish	-	50
11)	Eggs	-	30

Ref - Recommendation of ICMR Expert 1968 Efforts have been taken to collect the information regarding the diet of actual pregnant and lactating women through the interview. And following data have been collected.

TABLE 6

Sr. No	Asked Questions	As total	Per yes	ICMR- NO	Recommendation No response
1)	Do you know ICMAR Recommended Diet	100	2	98	-
2)	Do you know which good items has how many nutrients ?	100	2	98	-
3)	Calories		4	96	
	Proteins		3	97	
	Calcium		2	98	
	Iron		5	95	
	Vitamins A,E,U.		5	95	
	Vitamins B1,		4	96	
	Vitamins B2		4	96	
	Vitamins C		2	98	
4)	Time for dinner is fixed or not		2	98	

From the above table information has been collected about the ratio of nutrients that should in the diet it has been noticed that 97% women have responded that they don't know it but they also don't know what ratio must be there in a particular food item. They also informed that they don't know which diet should take a particular time.

**FINDINGS**

50 Pregnant women and 50 lactating women (total 100 women) have been selected randomly as representative for the study of the diet and malnutrition of pregnant and lactating women. From the above study it is noticed that 98% women don't know which nutrients are available in a particular food item. 97% women are unaware about which food item should have to take for a particular nutrient and how much food should have to take. Only 3% women are aware about this but while applying in their daily life they completely neglect it.

From the above analysis following findings are noticed. Malnutrition is increasing because pregnant women and lactating women are not much aware about how much nutrients are available in a particular food item and therefore they don't know which diet should be preferred and which times and how many times.

**SUGGESTION**

Method of diet taking time should have to include in the general education so that malnutrition can be eradicated completely.

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