

Nutritional Status of Lactating Mothers According to Their Anthropometric Measurement, Clinical Examination, Education and Food Consumed by Them

Abstract

A number of nation wide nutritional programmes have been initiated with the objective of improving the nutritional status of the lactating mothers. Some important programmes among them are Integrated Child Development Services (ICIS) (1975), Applied Nutritional Programme (ANP) (1966-67) Special Nutrition Programme (SNP) (1970) and alike numerous supplementary mass feeding programme which are sponsored by the central and state governments.

The process of lactation is nutritionally demanding and therefore a nutritious diet is very important. Increased intake of nutrients is encouraged. The effects of maternal diet on the composition of human milk depends to some extent on the nutritional history of mother if her nutritional stores are ample, consumption of a poor quality diet for a short time period may have limited impact on the quality of milk.

Keywords: Consumption, Surviving, Nutritional Supplements, Dietary Pattern.

Introduction

"Lactating women means any breast feeding individual who presents competent evidence of having been delivered of a surviving child with in the 12 months immediately preceding the filing of a application for nutritional supplements."

Vitamin D is link to hypocalcaemia. High doses of single minerals or amino acids may include deficiencies in nutrients that share similar metabolic pathways. Excessive does of zinc and selenium can cause of immune suppression, a MMV evering primrose oil exacerbate temporal lobe epilepsy.

As nutrition is one of the important factors affecting public health, food and nutrition policies thus plan of actions are needed. Inadequate nutrition plays a key role in the development of many diseases. Both of deficiency and excess of food leads to health disorders. Therefore, healthy nutrition action plans should be developed to prevent disease and promote health. According to expidemiological studies nutritional problems, including overweight, calls for action. Measures have therefore been taken, both at national and regional levels in the Russian Federation. One of the key tools to support the implementation of regional action in the Russian Federation is developed of a Guidebook "Healthy Nutritional plan of action to develop regional programmes is the Russian Federation". The purpose of this meeting in Arkhangelsk, Sept. 2000, was to present the guide book and invite comments and recommendation before finalization.

The "Arkhangelsk Declaration" was adopted endorsing the guidebook.

The one food that is the most common offering in causing problems with sensitivity and allergies is cow's milk.

That's why it is the first food she should work on reducing or eliminating if she suspect her baby has a food sensitivity it may 1.0 days to two weeks to eliminate cow's milk protein from her diet so wait at least two weeks before you decide whether cow's milk is the problem. Just like "drinking to thirst" one should "eat to hunger while nursing. Studies have shown that most nursing tend to lose up to end a half pounds a month for the first 4-6 months after giving birth and continue to lose weight at a slower rate beyond that time They tend to lose weight (and most do-how

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depressing to still be wearing those old maternity clothes fell got so sick of after the baby is born).

Objectives of the Study

1. To assess the dietary pattern and food frequency (24 hr recall method).
2. To assess the nutritional composition of traditional supplementary foods consumed.

Review of Literature

1. Awhonn (2005) says - none of the control subjects tested positive for candida colonization of the lactating women, 23 percent tested +ve and 20 percent had mammary conditions. Risk factors for colonization of the mother were bottle use in the first two weeks postpartum and pregnancy duration >40 weeks of the 100 infants, 20 percent tested to positive for candida.
2. Satvari (2005) says the healing qualities of asparagus resemosus are useful to a wide array of ailments the plant has been used in Ayurveda for various conditions. Its main use has been as galactagogue to increase the milk recreation during lactating one of the well known major therapeutic potential of asparagus recemosus is its beneficial effect on the female reproduction system.
3. Lauric Barcklay (2006) says - breast feeding may be continued after giving fontanel to the mother but infants should not be the breast fed for at least fare hour after the mother receives midazolam.

Research Methodology

Methodology includes techniques, devices and procedures applied for conducting the survey, keeping this in mind the following methodology has been developed prior to actually taking up the research work in the field. The investigator selected the survey topic.

The research of any study may be generalizable when the methodology is designed in specified manner.

General Information

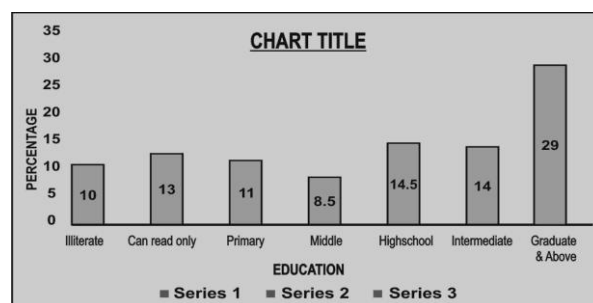
Information regarding general profile and obstetric profile of lactating women were selected by interviewing the woman at hospitals. Information on attributes like caste, total number of family member, total family income, education of the lactation mothers, occupation, food habit were collected. Information regarding birth order number of previous pregnancy number of child alive, practice on medical checkups were also collected by interview method.

Clinical Examination

It is an important practical method for assessing the nutritional status of community and the method is based on examination for changes believed to be related to inadequate nutrition that can be seen or felt in superficial epithelial tissue especially skin, eye, hair and in organ near surface of the body.

Finding and Discussion

The experimental results and its discussion are being presented in this chapter education wise distribution of lactating mothers.



S.No.	Education	Frequency	Percent
1	Illiterate	20	10.00
2	Can read only	26	13.00
3	Primary	22	11.00
4	Middle	17	08.50
5	High School	29	14.50
6	Intermediate	28	14.00
7	Graduate & Above	58	29.00
	Total	200	100.00

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Conclusion

It can be concluded from the present study that intake of all nutrients except fat was unsatisfactory, due to lack of knowledge about balance diet.

Despite their poor dietary intake, weight and height were not below to standard. Traditional supplementary food was rich all of nutrient but excess amount of fat in the form of ghee was used in its pregnancy food preparation because of traditional belief that edibal oil cause cough and ghee provided to strength to the body.

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