

Nutritional Status of Lactating Mothers and Composition of Traditional Supplementary Foods Consumed by Them

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Abstract

Lactating mothers constitute the most vulnerable segment of population from nutritional viewpoint. The women in all stages of their life, seems to be the most neglected group in our country, under the influence of prevailing customs and traditions. The various of studies have shown that the nutritional status of new born is maximum affected by mother's nutritional at status and her dietary intake.

Lactation is one of the periods of considerable physiological stress, which calls for additional nutrient requirement. Generally the diet of lactating mother is supplemented with some special foods. special attention is given to the diet of mothers during lactation with nutritious supplements. In lactation period there is a tremendous need for production of mother milk and. also for recovery from stress during lactation. The usual routine diets of majority of women in rural. India have been found nutritionally inadequate in terms of quantity and quality.

Keywords: Location, Vulnerable Segment, Prevailing Customs, Complications.

Introduction

The lactating mothers have to maintain not only her health but also growing infant Nutrition supplement is judiciously given to the nursing mothers can improve the lactation performance thus improve intake the nutrition of infant so lactation is called as a crucial period during which the mother continue to protect her young infant with almost the same efficiency in feeding as the placenta in developing countries the intake of all the nutrients have been found inadequate to meet the need of mother as well as her growing infant .

The success of lactation as well as the health status of infant depends entirely on the type of the diet consumed by the women during pregnancy and lactation. Therefore, the maternal diet of a significant import once during lactation (A.D.A.R, 1986).

Nutritional needs of lactating mothers are higher than that of pregnant women because of secretion of milk. The quality and quantity of which depends upon maternal diet The diets consumed by many Indian lactating mothers are very poor and mostly cereal based (1989) so special attention should be given to the diet of mother during lactation with addition of nutritious supplements.

Most unconventional diets recommend healthy patterns of eating (reduction or elimination of fat, sugar, alcohol and coffee and an increase in fresh vegetables and fibre) that most people with normal digestion can tolerate without side effects. Some of diets such as-veganism or Macrobiotic are highly restrictive and can lead to complications, such as reduced bones mass or anemia, especially in children.

Children, pregnant and lactating women and patients with the chronic illness should under take such major dietary changes only under professional supervision. A drawback of any dietary change can be social disruption when a patient can not share meals with friends and family.

High dose nutritional supplementation can lead to acute adverse effects, such as diarrhoea (Vit 'c') and flushing (niacin) during treatment. persistent or more serious adverse effects are rare for water to soluble vitamin although long term use of high doses of vitamin B6 can lead to neuropathies . Adverse effects, although still uncommon are more likely to result from high doses of fat soluble vitamins.

Objective of the Study

1. To study the socio - economic status of selected lactating mothers
2. To study the clinical and anthropometric measurements.

Review of Literature

1. Dr. Wynnian Chan (2000) says some lactating women may also need additional iron if their blood test results indicate a low store. It would suggest that you discuss this with your health visitors. In any case of, you will certainly need to include more snacks and more calcium and iron each food if you were to follow the diet plan.
2. Girijamma Mulimani et al (2001) concluded a study to find out the dietary pattern and nutritional composition of the special foods consumed by Gujaratis during Lactation were wheat rab, moong kichadi, buttisa kotta, Ajowain kada, aimoo pipermoor and methi bhaji contained the maximum amount of energy and protein respectively and gond ka soont ka was rich in fiber. The maximum amount of calcium iron content was observed in such foods.
3. Scott Hill (2001) says - some diets such as vegetarianism or microbiotics are highly restrictive and can lead to complications. Such as reduced bone mass or anemia, especially in children. Children pregnant women and Lactating women, and patient with chronic illness should undertake such major dietary change can be social disruption when a patient can not share meals with friends and family.
4. Odin Khudren (2002) It is also believed that the absence of sufficient vitamin A in the diets of pregnant women and Lactating mothers contributes to HIV Transmission from mother.

Research Methodology

For conducting research in any field or area , it is necessary to develop a systematic procedure for working so that required information can be collected and also to guide the investigator in systematic analysis of the information , so that proper inferences can be made.

Nutritional status of lactating mothers and composition of traditional supplementary food consumed them. For this purpose a questionnaire was designed in consultation with Dr. Seema Kanaujia, who was my guide.

Selection of the Area

The present study were carried out at 5 maternity hospitals, one district hospital and 4 maternity home viz. Ram Manohar Lohia city hospital Tiwari nursing home.

Sample Selection

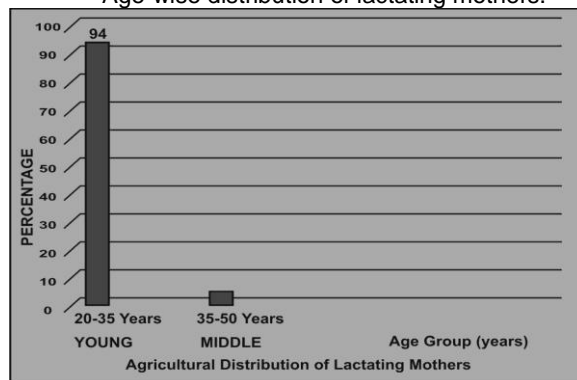
For present study lactating women belonging to urban counter part were selected. Total 200 lactating women were selected from above 5 hospitals.

Finding and Discussion

The socio - economic features in the present study was operationalized in term of age family type, caste , occupation , education , land holdings etc .The findings related to this aspect are described as under.

Age

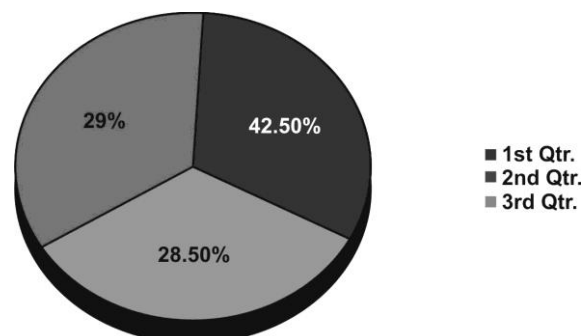
Age-wise distribution of lactating mothers.



Age	Frequency	Percent
Young (20-35)	188	94.001
Middle (35-50)	12	6.00
Total	200	100.00
χ^2	154.880*	

Caste

Caste wise distribution of lactating mother.



S.No.	Caste	Frequency	Percent
1	General	57	28.50
2	O.B.C.	85	42.50
3	SC/ST	58	29.00
	Total	200	100.00
	χ^2	7.570	

Conclusion

Lactation is a crucial period during which the mother continues to protect her young infant with almost the same efficiency in feeding as the placenta. In developing countries the intake of all the nutrients have been found inadequate to meet the needs of mother as well as her growing infant.

The present study was planned with the objectives to find out the dietary pattern of the lactating women and to assess the nutritional composition of traditional supplementary food consumed by lactating women, residing in urban areas of Farrukhabad district. General information and obstetric information was collected through interview schedule and Total 200 of lactating women were taken from 5 maternity hospitals.

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