
Impact of Nutrition Counselling on Food and Nutrient Intake and Haematological Profile of Rural Pregnant Women

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ABSTRACT Sixty pregnant women belonging to low socio- economic status during 5th month of pregnancy were selected from three villages of Ludhiana district. They were assessed for their nutritional status and divided into two groups. Group I (30 women) was given nutrition education for five months about nutritional needs during pregnancy, served as Experimental (E) group and other 30 women served as control (C) group. Dietary survey revealed that the intake of cereals, pulses, green leafy vegetables and fats and oils was less than Recommended Dietary Intakes (ICMR 1980). However, the intake of milk and milk products, other vegetables, roots and tubers and sugar and jaggery was more than the recommended intakes. Average energy intake was 1856, 1760 Kcal and 2103, 1882 Kcal during 5th and 9th month by the subjects belonging to E and C group, which was less than the RDA. However, intake of protein was almost adequate. Nutrient intake during 9th month improved in both the groups due to increased requirements of pregnancy. In E group intake of all the nutrients was significantly higher as compared to C group. This may be due to more consumption of pulses, milk and milk products and leafy vegetables and also due to adoption of desirable nutritional practices like use of sprouted grains and other nutritious foods. Thus there is wide scope of imparting nutrition counselling to pregnant women to improve their nutritional status and that of newborns.

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