
Dietary Pattern of Expectant Mothers: A Study from the Rural Area of Balasore District, Orissa

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ABSTRACT In every community pregnancy has been regarded as the most welcome event of successful womanhood, however to remain barren is considered as a 'curse'. Every mother would like her pregnancy to be one without any problem. A healthy mother can produce a healthy baby. The diet of pregnant mother is one single factor, which directly affects the out come of pregnancy. The present study was conducted in 4 villages of Balasore district, Orissa. Data was collected with the help of structured interview schedule. 50 samples were selected using simple random sampling method. The study attempts to explore the dietary pattern taboos and beliefs regarding dietary habits in relation to their socio economic condition and finally suggest some measures of rectification for improvement in their diet pattern.

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