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To assess the nutritional composition of traditional supplementary foods consumed by lactating mothers in Kanpur city

SEEMA SONKAR AND VINITA SINGH

ABSTRACT

One hundred lactating women were taken from 3 maternity Hospitals of Kanpur city. General information and obstetric information were collected through interview schedule. Dietary pattern of lactating mothers was assessed by 24 hours recall method. Anthropometric measurement and clinical observation were done to know the health status of lactating mother. Nutritional composition of traditional foods was assessed by food consumption Table. Dietary Survey revealed the diet of lactating women was deficient in all essential nutrients except fat. Clinical symptoms like bitot spot, pale conjunctiva, thyroid enlargement, xerosis were found. There were 8 types of traditional supplementary foods consumed by lactating mothers.

Key words : Lactating women, Anthropometric, Clinical observation, Dietary habit

INTRODUCTION

Lactating mothers constitute the most vulnerable segment of a population from the nutritional stand-point. 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 studies have shown that the nutritional status of new born is maximum affected by mothers nutritional status and their dietary intake.

The lactating mother has to maintain not only her health but that of growing infant. Nutrition supplement is judiciously given to the nursing mothers which can improve the lactation performance. During this period, the mother continues to protect her young infant with almost of the same efficiency in feeding.

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.

There is a wide spread belief in the communities that cultural food restrictions practices by breast feeding women have deleterious consequences on the health status of mothers and infants. There is a lot of evidence available

from several studies reported in different parts of the world, the belief concerning the importance of food restrictions on lactation are very common (Ferro-Luzz, 1980, NIN, 1983, Pande and Devi, 1990). In the various regions of India, certain traditional foods are customarily fed during the lactation period. Special attention is being given to the diet during lactation than that of pregnancy period with nutritious supplements. Some special foods such as Ajwain, Sonth ginger, gond (edible gum), jaggery, fenugreek, Battisa (a traditional food), dry fruits, milk and ghee are some of the items which are included in the diet of lactating mothers (Mittal *et al.*, 1980).

Soft diet prepared from rice and pulses and milk are given to the mothers in the evening and night (Lal and Adarsh, 1980). wheat rab, moong kichdi, Battisa laddu, Kotta, Bajara roti with milk, fresh ginger, Gond ka soont, milk, Bydku, Bajara fati, butter milk, Ajmoo, Methi Bhaji, Piparamoor are some of the items which are consumed by the Gujarati lactating mothers (Girijamma *et al.*, 2001).

MATERIALS AND METHODS

The study was conducted in the urban area of Kanpur

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