

To assess the nutritional awareness and develop the product along with self-care educational booklet for pregnant woman

■ NANDANI SINGH AND SEEMA SONKAR

Received: 26.08.2013; Revised: 01.10.2013; Accepted: 25.10.2013

See end of the paper for authors' affiliations

Correspondence to :

NANDANI SINGH

Department of Food Science and Nutrition, College of Home

Science, C.S.A. University of Agriculture and Technology,

KANPUR (U.P.) INDIA

Email: nandanisingh07@gmail.com

■ **ABSTRACT** : Healthy eating is important at all stages of life, especially during pregnancy. A healthy diet before, during and after pregnancy improves maternal health and decreases the risk of pregnancy complications, birth defects and chronic disease in children in later adulthood. The present investigation was conducted to assess the nutritional awareness of the pregnant mothers and develop the self-educational booklet for them. In this research, questionnaire-cum-interview method was adopted for the collection of the data. The pregnant mothers were selected randomly. Most of the pregnant mothers were found unaware about nutrition aspects.

■ **KEY WORDS** : Pregnant mothers, Nutritional awareness, Development of booklet

■ **HOW TO CITE THIS PAPER** : Singh, Nandani and Sonkar, Seema (2013). To assess the nutritional awareness and develop the product along with self-care educational booklet for pregnant woman. *Asian J. Home Sci.*, 8 (2): 620-622.