

Food Habits and Dietary Pattern of Expectant Mothers in the Palampur Sub-division of Himachal Pradesh

Radhna Gupta and Manoranjan Kalia

*Department of Food Science and Nutrition, Himachal Pradesh Agricultural University,
Palampur, 176 062 Himachal Pradesh, India*

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ABSTRACT The experimental subjects formed thirty healthy pregnant women (20-30 year age) from each trimester of pregnancy (total 90). The data were collected through a pre-structural respondent questionnaire. Information regarding general information, food habits, food consumption pattern, mean daily food intake, and mean daily nutrients intake was gathered. Majority of expectant mothers were housewives belonging to rural area and having low socio-economic status. The finding of the study revealed that there was not much a difference in the food and nutrients intake from the normal routine. The mothers nourished their babies on their own body stores only without much input from outside. Considering the fact that most pregnant mothers are not aware of the nutritional needs, nutrition education during antenatal visits should be considered as an important activity in providing antenatal care.