

Dietary Adequacy of Pregnant Women of Four District of Rajasthan

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ABSTRACT The present study was concluded on 500 pregnant women residing in four district of Rajasthan viz. Udaipur, Alwar Sriganganagar and Bikaner to assess their nutritional profile. A pretested interview schedule used to collect the background information about the family and the subject. Dietary adequacy was assessed by 24 hour recall method using standardized cup set. The mean intake of different food stuffs consumed was computed for a day and compared with the balanced diet. The nutrient intake was calculated using nutritive value given in food composition table. Mean intake of nutrients was compared with the recommended dietary allowances reported. Results revealed that diet of women was inadequate in all the food groups except fat, roots and tubers and other vegetables. The most limiting nutrients in their diet were energy, protein, iron, calcium, carotene and folic acid. Statistical analysis portrays that intake of protein, energy, calcium and iron were significant at $p < 0.001$ levels in all the district.