

EFFECT OF NUTRITIONAL DIETARY INTAKE OF PREGNANT WOMEN AND ITS IMPACT ON BIRTH WEIGHT OF NEW BORN

Neeru Bala, Sarita Sheikh and Anisha Verma

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ABSTRACT : The study was carried out with a view to collect data on the dietary intake of pregnant women between age groups between 18-25 years and 26-35 years and its impact on the birth weight of new born. The food habits of these groups constituted three groups viz; vegetarian, non-vegetarian and vegetarian + egg. The results showed mean height and weight of pregnant women and significant effect on the weight of new born. The anthropometric measurement (length and weight) showed that average length (height) and weight of new born was higher in 18-25 age group born (length, 49.0 cm and weight, 3.05 kg) than 25-35 age group (47.39 cm and 2.40 kg) born children which shows the effect of better dietary intake and height of both in pregnant women in both age groups women. Educational level of the women also influenced on these parameters. The same effects were also due to poor socio-economic status and low caloric intake.

Key Words : Pregnant women, new born, anthropometric, calorie intake, dietary, vegetarian.