

Healthy Balanced Diet during Pregnancy

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ABSTRACT

Eating a nutritious diet during pregnancy is linked to good brain development a healthy birth weight and can reduce the risk of many birth defects. A balanced diet will also reduce the risks of anemia, as well as other unpleasant pregnancy symptoms such as fatigue and morning sickness. For this, the pregnant women should have knowledge of healthy balanced diet during pregnancy, so that she can decide that which food provide enough nutrients for the mother and the baby during pregnancy. For this, a study was done on pregnant women coming to the Tapovan Centers affiliated to Children's University. In the study 53 participants from different centers of Gujarat state provided information through online questionnaire system. In that 98.11 % pregnant women were attentive towards healthy balanced diet and 01.89% respondents were inattentive towards healthy balanced diet.

Key words: *Balanced diet, Pregnant women, Nutritional knowledge.*

INTRODUCTION

A healthy diet is an important part of a healthy lifestyle at any time but is especially vital if you're pregnant or planning a pregnancy. Eating healthy during pregnancy will help your baby to develop and grow.

You do not need to go on a special diet, but it's important to eat a variety of different foods every day to get the right balance of nutrients that you and your baby need.

It's best to get vitamins and minerals from the foods you eat, but when you're pregnant you need to take a folic

acid supplement as well, and make sure you get everything you need.



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Water: Expectant mother should drink bacteria-free water after boiling it for 15-20 minutes. Sandal wood can be mixed with boiling water to give it a flavor. Dip a 24-carat gold or silver piece while boiling to have a refined gold for the best results. Coconut water, fennel or coriander seed water can be taken during the day time.

Milk: cow milk is the best for a pregnant woman, milk should be fresh and unadulterated. Keep milk in a silver container before consuming. Milk should be lukewarm and not chilled. Add dry ginger or “vavding” (false black pepper) if the consumption of warm milk is causing any gastric problem. (add crushed pieces of 5 mm long dry ginger in ¼ cup water, 2-3 seeds of “vavding” and boil the mixture by adding another half cup water until the quality reduces to ¼ cup. Filter it before drinking). Asparagus added boiled milk is the best for the pregnant women. Many women have an aversion to milk. But the consequences of not having milk during pregnancy, both for the mother and the child are far-reaching. There is a possibility of the child inheriting milk- aversion.

Buttermilk: Drink buttermilk regularly during pregnancy, drink homemade, fresh and mild buttermilk. Its texture should be thinner than milk. Blend properly after adding water to curd. Remove all the butter before drinking it. Do not drink packaged salted or sweet lassi available in the market. Add cumin powder and rock salt for taste.

Butter Ghee: Ghee made of cow milk is the best, prefer pure, fresh and homemade butter/ghee, daily take one or two spoons of butter / ghee with sugar. Use ghee in cooking dall and vegetable.

Lentils, Pulses and Cereals: lentils must be part of both the morning and the evening meals. Green gram or split pigeon peas are a must have items, eat rice, wheat and sorghum as they are easy to digest. Eat a year – old rice. Have rice with mag (green gram) or toordaal (Yellow split Pigeon peas). Prefer home – made flour. Millet flour can also be added in the mixture of wheat, rice and sorghum. Use grains that are at least one year old.

Vegetables: During pregnancy, it is important to maintain a healthy diet. For this, you should choose the right kind of food, and eat it in the right quantity and at the right time. Anything unhealthy can cause harm and lead to complications for both the mother and baby. A healthy diet that is rich in vegetables can help avoid complications such as gestational diabetes and nutrition deficiency, as they contain vitamins such as beta carotene, Vitamin C and folic acid, apart from much-needed fiber. Eating vegetables also helps the baby develop a healthy birth weight, reduces the risk of anemia, controls blood pressure, and leads to healthy weight gain in the mother.

Fruits: Fruits can provide women with a plethora of healthy vitamins and minerals that can be very beneficial for a newborn child. Seasonal fruits must be part of your daily diet. Having frozen mango pulp (aamras) after its season is over is not beneficial for health. In simple terms, eat fruits in its respective seasons. Try to have at least two of these fruits daily: apple, grapes, pomegranate, Indian gooseberry (amla), orange, fig, sweet lime, ripe mangoes, coconut. Drink coconut water daily to retain amniotic fluid. Cream of green coconut is very nutritious, so relish it. Avoid eating fruits after sunset.

Month wise special diet

First month – Start liquid, cow milk with Shatavri powder added, Rice kheer and all nutritional food.

Second month – liquid, fruits or smaller meals every two hours, milk and poha, milk, rice, ghee, fruit juices, raisins, dates, apple, sweet lime, grapes.

Third month – milk mixed with 1 spoon of honey and two spoons of cow ghee, mix Gulkand in milk and drink, Chyawanprash and Murabba, green gram items, Dudhpak and kheer are the best.

Fourth month – butter 15 to 20 g., curd – rice, citric fruit are good for the heart so have Indian gooseberry, pomegranate, orange, grapes, apples, lime or Besan & chickpeas items and pulses varieties.

Fifth month – Drink juice made of green gram by adding coriander, kheer, cow milk by

adding some cow ghee, milk and milk products like paneer, cheese, ghee, curd, lassi, butter milk.

Six month – Daily take cow milk and Shatavari (asparagus), ghee, eat milk cream (Malai), Use almonds and walnuts in food. Rice mix with ghee, bottle gourd items like its curry, Thepla, Muthiya, Halwa, Kofta, Handwo, etc. Bitter gourd strengthens intellect or eat sprouts.

Seventh month – Daily cow milk with adding Yastimadhu, ghee, milk cream and kheer,

Anjeer (fig), pulses and related items, Sukhadi, one glass coconut water, rose petals jam (gulkand) and its slush.

Eight month – Vegetable soup or Khichdi, Rava/SujiIdli, Upma, Shira, Rice - milkKheer, All vegetable items, pulses, seasonal fruit, walnut, dates, fig (daily).

Nine Month–Shira, Sukhdi with methi, light raab with ghee, 1 spoon ghee mixed in milk every night, moong dal or moong vegetable and rice, add some castor oil in roti or bhakri, mix khichdi.



Objectives of the study:

A study on attentiveness towards healthy balanced diet: after joining the Tapovan centers of Gujarat which are affiliated by Children's University.

Hypothesis of the study:

- To study about attentiveness towards healthy balanced diet.

MATERIALS AND METHODS

Analysis:

Table: 1

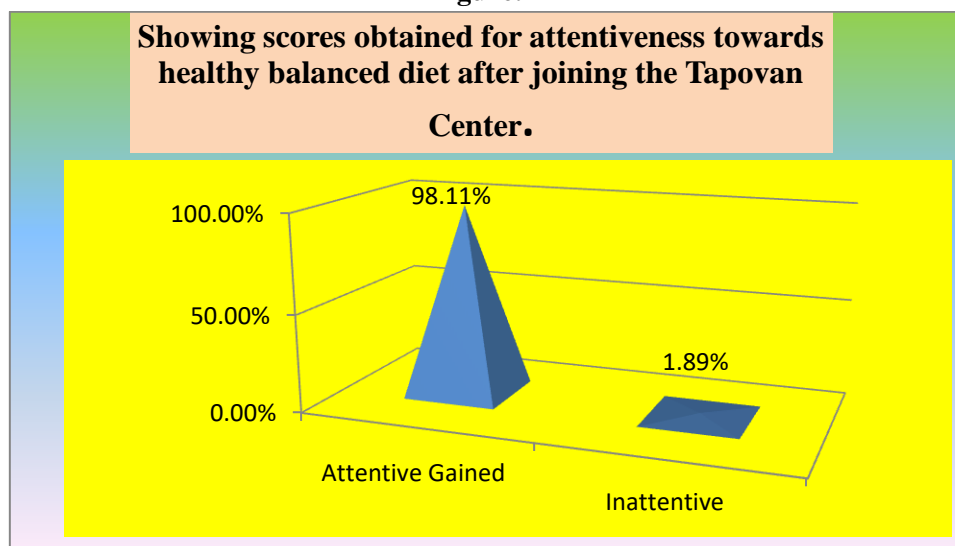
- Showing scores obtained for attentiveness towards healthy balanced diet after joining the Tapovan Center

Categorization	Number of Respondents	Percentage %
Attentive	52	98.11 %
Inattentive	01	01.89 %
Total	53	100%

Discussion: Analysis shows that 98.11 % respondents were attentive towards healthy balanced diet after joining the Tapovan centers and 01.89% respondents were inattentive towards healthy balanced diet.

So, it can be said that the ratio of respondent's attentiveness towards healthy balanced diet was higher than the inattentiveness towards healthy balanced diet.

Figure: 1



CONCLUSION

In this research 53 pregnant women from 6 different Tapovan Centers of Gujarat affiliated by Children's University confirmed that their attentiveness towards healthy balanced diet has increased after joining Tapovan Center during pregnancy. A healthy diet is an important part of a healthy lifestyle at any time but is especially vital if you're pregnant or planning a pregnancy. Eating healthily during pregnancy will help your baby to develop and grow.

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Conflict of Interest:

The author declares no conflict of interest.

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