

Dietary Practices Linked to Anemia in Pregnant Women

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Abstract

This study was done to identify dietary factors that contribute to anemia in a sample of pregnant women in Cairo University Hospitals (kasr El eine). This study was carried on 200 anemic pregnant women in the first trimester of pregnancy, whose ages ranged from 21 to 25 years old. The participant's nutritional status was evaluated of daily diets and anthropometric measurements. The anemic pregnant women examined ferritin, serum iron, and hemoglobin test. The study showed that approximately 70% of pregnant women were overweight. 80% from the cases in this study did not suffer from any diseases, but 5% and 2.5% suffered from high blood pressure and diabetes respectively. 50% from them ate two meals and did not care about breakfast and ate fatty food. The majority of the anemic pregnant women had insufficient intake of protein, fiber, calcium, iron, zinc, vitamin D, vitamin B1, niacin, and vitamin B6 as compared with the RDA. These findings highlight the necessary for good nutritional intake both quantity and quality during pregnancy.

Keywords: pregnant , Women , HB, dietary intake