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### To study on nutritional status of breast-feeding mother in rural area Sultanpur district

**Neha Verma, Dt. Sarita Iraj and Anvita Singh**

#### **Abstract**

Nursing mothers should be educated on proper diet practices while being warned about unscientific approaches to diet restriction. Breast-feeding is a personal decision a mother needs to make carefully, taking full into account the benefits and burdens it will bring to both mother and baby. Breast-feeding offers many benefits. The nipples also become larger and more erect as they prepare for milk production. Mothers who breast-feed typically have an easier time losing weight after pregnancy. Certain conditions or diseases may also prevent a woman from breast-feeding. Breast cancer, certain breast infections, or another type of cancer may prevent a woman from breast-feeding her baby. Women who are HIV positive, have AIDS, have heart disease, are malnourished, or have untreated tuberculosis may be recommended not to breast-feed. If you follow a vegetarian diet, it's especially important to choose foods that'll give you the nutrients you need. For example: Choose foods rich in iron, protein and calcium. Good sources of iron include lentils, enriched cereals, leafy green vegetables, peas, and dried fruit, such as raisins. On the survey the table that (78.3%) respondent were fiber include in diet Yes whereas (21.6%) respondent were fiber include in diet No.

**Keywords:** Breastfeeding, Diet

#### **Introduction**

Breastfeeding is one of the most effective ways to ensure child health and survival. However, contrary to WHO recommendations, fewer than half of infants under 6 months old are exclusively breastfed. Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life. Breastfed children perform better on intelligence tests, are less likely to be overweight or obese and less prone to diabetes later in life. Women who breastfeed also have a reduced risk of breast and ovarian cancers. Your baby does not feed often enough. Nearly all babies need to feed at least 8 to 12 times in 24 hours. Your baby does not feed effectively at the breast. You have started using formula milk as well as breastfeeding. Milk Coming In. At birth, your breasts will make a thick, yellowish substance called colostrum, leaking. Your breasts may feel full and leak, Engorgement, Sore Nipples, Pain While Breastfeeding, Postpartum Depression, Breastfeeding Consideration, Teething/Biting. Include protein foods 2-3 times per day such as meat, poultry, fish, eggs, dairy, beans, nuts and seeds, Eat three servings of vegetables, including dark green and yellow vegetables per day, Eat two servings of fruit per day, Include whole grains such as whole wheat breads, pasta, cereal and oatmeal in your daily diet, Drink water to satisfy your thirst. Many women find they are thirsty while breastfeeding; however, forcing yourself to drink fluids does not increase your supply, Dietary restrictions from pregnancy do not apply to breastfeeding moms, Vegetarian diets can be compatible with breastfeeding. If you avoid meat, make sure you eat other sources of iron and zinc such as dried beans, dried fruit, nuts, seeds and dairy. If you avoid all animal products (vegan diet) you will need to take a B12 supplement to make sure your baby does not develop a B12 deficiency. Fish high in mercury, some herbal supplements, Alcohol, Caffeine, Highly processed foods. Eidelman AI., *et al.*, (2012) <sup>[1]</sup>, unfortunately, breastfeeding as a way to continue to feed infants is not yet normative. Women do not choose to breastfeed as long as recommended by health experts.

Koletzko B. *et al.*, (2019) [10]. Our estimate regarding additional nutrient needs per day according to the gestation period are as follows: during the first trimester, no caloric supplement; during the second trimester, 200 Kcal; and during the third trimester, 450 Kcal. Regarding the supplement needs according to the gestation period, Koletzko considers that they should not exceed 10% of the total energy.

**Material and Method**

Scientist methodology is necessary for successful study as it directly toward to detail of method and technique device and procedure applied conducting research. “To study on nutritional status of breastfeeding mother in rural area sultanpur district”

**Research design**

The area of sultanpur districts was purposively selected because study has been easily accessible for the researchers for collection data.

**Selection of area**

Sultanpur distict will be selected for primary data collection.

**Selection of sample size**

Total 60 respondents will be selected for primary data collection.

**Method of collection of data**

Survey method will be adopted in order to collection of data from the selection respondent with the help of the survey with questionnaire schedule. The schedule will include aspect which led to the fulfilment of the objective of this study. Schedule will include the following.

**Statistical analysis**

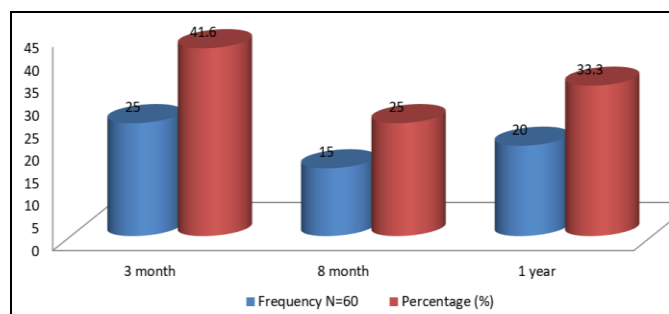
The data obtained from various parameters will be analysed be appropriate statistical method.

**Result and Discussion**

**Table 1:** Distribution of respondent on the basis of their often baby should breastfeeding

Breastfeeding	Frequency N=60	Percentage (100%)
3 Month	25	41.6
8 Month	15	25
1 year	20	33.3
Total	60	100

Above shows the table that (41.6%) respondent were breastfeeding 3 month (25%) respondent were breastfeeding 8 month were (33.3%) respondent were breastfeeding 1 year

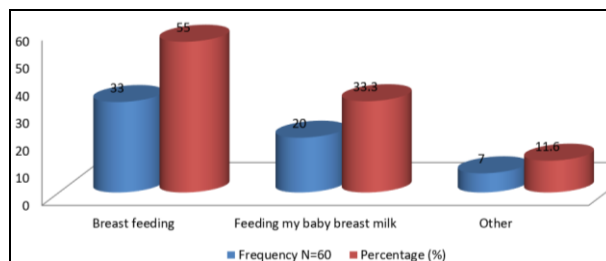


**Fig 1:** Distribution of respondent on the basis of their often baby should breastfeeding

**Table 2:** Distribution of respondent on the basis of their feeding your baby

Feeding baby	Frequency N=60	Percentage (100%)
Breast feeding	33	55
Feeding my baby breast milk	20	33.3
Other	7	11.6
Total	60	100

Above shows the table that (55%) respondent were breast feeding (33.3%) respondent were feeding my baby breast milk (11.6%) respondent other



**Fig 2:** Distribution of respondent on the basis of their feeding your baby.

**Conclusion**

Oral questionnaire or interview method was chosen for the research purpose which include which the set of breastfeeding women. The result obtained from the statistical analysis revealed that breastfeeding women Sultanpur dist. In conclusion that studies the symptoms and diet pattern of breastfeeding patients shows that 80 (%) of respondents were aware about breastfeeding and 20 (%) of were not aware about breast feeding. Mostly 70 (%) respondents were aware health problem and 30 (%) respondents were not aware from health Problem.

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