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A descriptive study to assess the protein intake of antenatal mother and anthropometric measurement of her neonate after delivery at selected hospitals of Puducherry

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Introduction: During pregnancy, a baby developing inside the womb receives all its nutrition from its mother. Inadequate dietary intake during pregnancy can lead to malnutrition and poor outcomes for the baby. Therefore, advising women on their diet and providing food supplements in pregnancy may help babies to grow and thrive. Protein (and the amino acids within) is an important building block of human cells. And given the rapid cell development of your baby-to-be, it is an essential part of the Pregnancy Diet.

Objective: To recall the protein intake of postnatal mother during antenatal period, to measure the anthropometric measurement of neonate and to associate the protein intake of mother during antennal period and her neonatal growth after birth.

Methods: The study was conducted on 30 postnatal mothers admitted in selected hospitals at Puducherry. Study design was descriptive, convenient sampling technique was used. The instrument used for data collection was questionnaire. Women who were asked to recall their protein intake during antenatal period especially milk and egg then measured the anthropometric assessment of the newborn. Compare these two and associate the baby growth with protein intake.

Results: Pearson's correlation formula was used to find out the correlation between protein intake and birth weight of the newborn, in that r = 0.1 so there is weakly positive correlation between birth weight and protein intake of mother.

Conclusions: There is a weekly positive correlation between the baby growth and antenatal protein intake. This study may be very effective if done during antenatal period itself.

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