CONSUMPTION PATTERN OF IRON AND VITAMIN A RICH FOODS AND CONTRIBUTIONS OF FOOD GROUPS TO NUTRIENT INTAKES OF PREGNANT WOMEN IN NSUKKA LOCAL GOVERNMENT AREA OF ENUGU STATE, NIGERIA.

Eze S.N. and Okeke E.C.
Department of Home Science, Nutrition and Dietetics, University of Nigeria, Nsukka.

ABSTRACT
The consumption patterns of iron and vitamin A rich foods and contributions of food groups to nutrient intakes of pregnant women in Nsukka Local Government Area of Enugu State, Nigeria were assessed. A total of 386 pregnant women randomly selected from 3 communities in Nsukka Local Government Area were used for the study. A validated structured questionnaire was used to collect information on respondents’ food consumption patterns. The contributions of food groups to respondents’ nutrient intakes were assessed using a 3-day weighed food intake study. The iron-rich foods most frequently consumed by the respondents were legumes, green leafy vegetables, nuts and seeds which respectively, made 41.9%, 17.1% and 11.2% contributions to iron intakes of the women. Vitamin A-rich foods most frequently consumed by the respondents were palm oil and vegetables which respectively, contributed 76.8% and 21.5% of vitamin A intakes of the women. Animal foods made very little contributions to the respondents’ nutrient intakes and foods of vegetable origin form very important part of the diet of the study population. Nutrition education on proper processing techniques of foods to conserve their micronutrients, and the need for consumption of ascorbic acid-rich fruits with meals to enhance bioavailability of iron in the diet are imperative. Government subsidization of animal foods to make them more affordable, and biofortification of locally produced foods to increase the bioavailability of micronutrients are also recommended.

Contact us for full article. Email: info@agrosciencejournal.com