

عنوان مقاله:

MICRONUTRIENTS AND ESSENTIAL FATTY ACIDS INTAKE OF LACTATING WOMEN REFERRING TO HEALTH CENTERS IN YASUJ CITY, 2017

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

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خلاصه مقاله:

Background and Aim: Intake of adequate micronutrients and essential fatty acids are essential for the breastfeeding mother and her infant. Purpose of this study was to evaluate the intake of essential nutrients and fatty acids in lactating women referred to the health centers in Yasuj Methods: In this descriptive cross-sectional study, 300 lactating women were selected randomly. For collecting nutrients intake, a 24h food recall questionnaire for 3 days was used. Socio-economic information was collected using questionnaire. Anthropometric data were collected based on WHO standard methods. Nutritionist 4 software was used for analyzing dietary intake Results: Mean of participant s age and BMI were 30.4 years and 28.65 kg / m², respectively. Based on BMI classification, percentage of underweight, normal weight, overweight and obese was 0.3, 21.3, 42.7 and 35.7 respectively. The average intake of vitamins A, B6, folic acid and E was 80-90 % and , B1, B2, B3, B12, K, C was 30-70 % lower than estimated average requirements (EAR). The average intake of calcium, zinc and was 15-30 % and Iron, magnesium, phosphorus, selenium was 40-80 % lower than EAR. Linolenic acid intake in 85.7% and linoleic acid intake in 32.3% of women was lower than the recommended standard Conclusion: The results of this study showed that the intake of micronutrients and essential fatty acids in lactating women in yasuj is much lower than the amount they need. Therefore, it is necessary to pay more attention for a sound nutrition in this vulnerable group to address these deficiencies

کلمات کلیدی:

lactating women; micronutrients; essential fatty acids

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