

Dietary habits during the postpartum period among a sample of lactating women in Sudan

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Abstract: *Period and the beginning of the end of the third stage of labor until 42 days after the birth, a critical period if that many deaths occur in this period, infected mother to many diseases. The device needs this time to nutritional care and aim of this study was to determine the pattern of daily food intake and dietary habits of practice in this period of women attending of Singa city maternal and child care centers at the end of the period of confinement to vaccinate their children. The study was conducted on 165 women . And applied the questionnaire was filled out by the interview. The results showed that the pattern of food consumption during the postnatal period focusing on eating meat and eggs 53.33%, fish and chicken 73.93% and not eating fruits and vegetables and high energy snacks like porridge ring 30.30% and 57.57 % and 29.94% date milk porridge with butter and your favorite foods 72.84% lamb Soup, 64.84% bird meat soup 72.84% tea ring with milk 90.90% alhargl grass with milk 90.90% hot milk with butter 57.57% and 75.75% prefer not to eat your vegetables and gain prominent causes of weight during this The period of appearance of the social bottom line results that good food in content of protein, carbohydrate ,vitamins by frequency high power foods can cause obesity, which causes many health problems for women, and one of the most important recommendations of the moderation in eating food that contains sugar and animal fat, and increase physical activity to burn excess calories daily.*

Keywords: *food habits, Postpartum, lactating women, Sudan*

I. Introduction:

Postpartum maternal health care influences the health of both the mothers and their children greatly. Like prenatal care, the postpartum health care that is typically provided during the six-week period after childbirth is very important to the mothers' health.¹ In developing countries, over 60% of maternal deaths occur during the postpartum period. A great number of postpartum complications can be avoided. Physical as well as psycho-social problems can be detected early via an effective postpartum care. Effective postpartum care is essential to maximize survival of mothers and new born regardless of where a woman delivers. Ironically, in developing countries, about 70% of women do not receive any postpartum care.^[2]

In general, Western postpartum practices are based on the biomedical model, where by the role of the woman is less important than that of the physician. In contrast, the traditional non-Western perspective emphasizes that birth is part of a holistic and personal system, involving moral values, physical aspects, social relations, and relation to the environment. Postpartum health beliefs and practices among non-Western cultures are each distinct, but have many similarities . As such, it is important to increase one's intake of foods containing these nutrients to prevent risk of deficiencies. It is also important during these periods of the life span to not consume too much of each nutrient to reduce risk for levels of intake that may be harmful. Although meeting these increased nutrient requirements can and perhaps should be achieved by the consumption of appropriate amounts of foods in a balanced and varied diet, the use of dietary supplements may be beneficial in some situations [3].

Although the postpartum period serves as a critical time for weight-management interventions because weight retention and weight gain can be significant (4;5), few researchers have studied dietary behaviors characteristic to the postpartum period and strategies to effectively promote weight control among, exclusively breastfeeding (EB), mixed feeding (MF), or formula feeding (FF), overweight and obese women. Thus, examination of dietary behaviors and compliance with dietary guidelines would help determine nutritional characteristics and concerns specific to this group.

Gestational weight gain, pre-pregnancy weight, age, race, income and parity are also related to weight retention among postpartum women[6,7] reported predominantly white postpartum women consumed adequate dairy servings, but vegetable intake was not sufficient. Two studies have reported a higher consumption of fruits and vegetables and a lower fat intake among lactating women as compared to formula feeding women [9,10].

II. Materials And Methods:

Been using a sample of lactating women attending the maternal and child care centers at the end of the period of pre-trial detention to vaccinate children in city singe (in Sudan) sample included 165 women were mobilized questionnaire by interview which contained social and economic factors and the pattern of food consumption habits and foods avoided during the postpartum period and analysis of questionnaire to find the frequencies and percentages using the statistical program spss:

III. Results And Discussion

Results

Table 1 Socio-demographic characteristics of mothers (n=165)

<i>Characteristic</i>	Frequency	Percentage
age groups		
(15-20)eyers	25	15.15%
(20-25) eyers	44	26.66%
(25-30) eyers	80	48.48%
More than 30 eyers	16	9.69%
Level of education		
No formal schooling	25	15.15%
Primary	35	21.21%
Secondary	61	36.96%
Tertiary	34	20.60%
Employment		
Government	30	18.18%
Private	20	12.12%
Self-employed	13	7.87%
Homemaker	102	61.81%
Household income		
Less than 1000	83	50.30%
1000-2000 pounds	42	25.45%
more than 2000 pounds	40	24.24%

Table 1 shows the socio-economic characteristics of respondents found 48, 48% of the women in the age group (25-30 years) and the lowest was aged 30 years and above 9% and educational level of the Secretary-General 15, 15% ,primary 21, 21% were higher secondary education 36, 96% and higher education 20, 60%, and a large proportion of women homemakers 61, 81 ,18.18% workers in the government and 12% private and family income was above 50, 30% less than 1,000 pounds a month and 25, 45% income category (1000-2000) pounds in the month, and 24, 24% more than 2000 pounds .

Table2 food consumption pattern during the puerperal period daily

Foods	Total deal a day	Frequency	Percentage
Fruits and vegetables	Once	100	60.60%
	Twice	15	9.09%
	Three times	-	-
	No special diet	50	30.30%
Milk	Once	5	3.03%
	Twice	40	24.24%
	Three times	120	72.72%
	No special diet	-	-
Eggs and meat	Once	22	13.33%
	Twice	43	26.06%
	Three times	88	53.33%
	No special diet	22	13.33%
Fish and chicken	Once	122	73.93%
	Twice	43	26.06%
	Three times	-	-
	No special diet	-	-
Date porridge	Once	56	33.93%
	Twice	44	26.66%
	Three times	50	30.30%
	No special diet	10	6.06%
Fenugreek pills porridge	Once	95	57.57%
	Twice	35	21.21%
	Three times	12	7.27%
	No special diet	18	10.90%

Millet flour porridge	Once	120	72.72%
	Twice	30	18.18%
	Three times	10	6.06%
	No special diet	-	-
Alasra fermented flour soup(elnsha)	Once	40	24.24%
	Twice	44	26.66%
	Three times	66	40%
	No special diet	15	9.09%
Rice with milk	Once	54	32.72%
	Twice	81	49.09%
	Three times	-	-
	No special diet	30	18.18%

Style food consumed during the puerperal period per day found that vegetables and fruits consumed once per day at 60.60% 9.09% address twice and lack of eating three times a day and 30.30% on .3.03% on daily food dairy once and 24.24% twice and the highest was three times 72.84 years%. Eating eggs and meat 53.33% three times a day, 26.06% twice, and 13.33% once and 13.33% non-custom in daily consumption. the consumption of fish and chicken once a day 73.93% and twice 26.06%. Date porridge eaten once 33.93% and twice 26.66%-30.30% three times a day.

And porridge ring consumed once per day 57.57% and twice 21.21% and three times 7.27% and 10.9% not allocated in the daily diet. Alasra soup and fermented with sugar (elnsha) is consumed once per day 26.66% twice a day 26.66% and three times 40% 9.09% is considered a special diet in this period. And consumption of rice with milk once a day 32.72% and twice 49.09% to 18.18% is not considered a special food diet daily.

Table 3 Food are avoided during the postpartum period and why

Avoid food		Frequency	Percentage
Onion-garlic-onion-radish	yes	143	86.66%
	NO	22	13.33%
Spices (chili powder and black (pepper	yes	165	100%
	NO	-	-
Legumes	yes	95	57.57%
	NO	70	42.42%
the reasons			
Undesirable effect to fetus		59	35.75%
Repealed and flatulence		69	41.81%
Food beliefs		32	19.39%
no apparent reason		15	9.09%

Foods to avoid during the puerperal period was onion and radish 87.62% 13.33% don't avoid it. Chili chili each sample to avoid eating legumes 57.57%, 100%, not avoid 42.42 percent. Reasons for avoidance (not addressed): undesirable effect on fetus 35.75% intestinal flatulence 41.81%, 19.39% eating habits view 9.09 per cent, there is no reason to avoid these foods during the puerperal period.

Table 4 food consumption during the first day of birth

Diet	Frequency	Percentage
Foods rich in protein	100	60.60%
foods rich Energy -	45	27.27%
there is no special diet	20	12.12%

The Joule shows the foods consumed on the first day of the birth and the protein-rich foods 60.60% Foods rich in energy for 27.27% there is no Private dining on the first day 12.12%

Table 5 favorite foods during the postpartum period and the reasons

Favorite foods		Frequency	Percentage	
Hot drinks	Lamb soup	yes	107	64.84%
		NO	58	35.15%
Bird meat soup	yes	120	72.72%	
	NO	45	27.27%	
Milk with fenugreek tea	yes	150	90.90%	
	NO	15	9.09%	
milk with the butter	yes	95	57.57%	
	NO	70	42.42%	
milk with herbs alharg	yes	150	90.90%	
	NO	10	6.06%	
Vegetables and fruits	yes	50	30.30%	
	NO	110	66.66%	
Pasta, porridge	Yes	40	24.24%	
		125	75.75%	
	NO			
Undesirable effect to fetus				
the reasons				
Prevent bulges, abdominal pain		-	-.	
Food beliefs		40	24.24%	
Help increase weight		105	63.63%	
no apparent reason		20	12.12%	

The table shows your favorite foods during the postpartum period and was eating Hot drinks like soup lamb 64.84% prefer to eat while 35.15 percent prefer the soup birds favorite 72.84 years% 27.27% does not prefer. Fenugreek tea with milk is the preferred 90.90% and 15.9% no preference. hot milk with the butter animal 57.57%, 42.42% prefer not. milk 85.72% alhargl with Herb prefer eating and 6.06% prefer not. favorite vegetables and fruits for 30.30% and 66.66% do they prefer her favorite pastry 24.24% and 75.75 percent disfavored women. and reasons for preferring these foods were available at: 24.24% and 57.3% help in weight gain and there are reasons behind this preference 12.12% foods..

IV. Discussion

The postpartum period is a very special phase in the life of a woman. Her body needs to heal and recover from pregnancy and childbirth, a good postpartum care and well balanced diet during the puerperal period is very important for her health. Several studies indicated that the incidences of postpartum health problems are high and these problems maybe have relation to traditional and unscientific dietary and behavior practices in the postpartum period [1]

In Sudan, there is a change in eating habits during the puerperal period in women. Table 1 shows the characteristics of the study sample and in the age group (25-30 years) 48.48% and a low level of education, 15.15%, highest 36.96% secondary education and higher education, 20.60% a large proportion of women homemakers 61.81%, the highest percentage of family income less than 1,000 pounds per month 50, 30%, and all these factors affect the pattern of food consumption during the postpartum period and social customs in Sudanese solidarity and cooperation between families with food in the form of gifts for women over the period, which To provide nutritional support for women in this critical period, the availability of food, especially high energy foods lead to obesity and these results against the results [15] that social support can influence the adoption of healthy behaviors during the puerperal period .

Table 2 shows the pattern of food consumption, so consumption of fruits and vegetables once a day 60.60% for women, 9.09 per cent, lack of consumption three times a day and 30.30% allocated in diet, eating habits, and we believe they cause flatulence and full scan recurring dairy 72.84% three times a day and eating meat and eggs three times a day, average 53.33% in daily food consumption 13.33 health risks, fish chicken once at 73.93% eat soups eaten as food not shared in the post Birth and after birth like date porridge eaten once 33.93% twice-26.66% and 29.80% three times a day and consumes one ring on porridge 57.57%, 21.21% twice and three times 7.27% and 10.9% in the daily diet. Squeeze fermented with sugar soup (traditional local food) called starch consumed once every day 26.66% twice a day, 26.66% three times 40% 9.09% a special diet in this

period. And consumption of rice with milk once% 32.72 today and twice 49.09 and 18.18 per cent non-private daily diet due to high energy snacks, which enters into the composition of sugar, flour and milk, ghee and eaten as a meal of additional weight gain during this period, and this behavior is unhealthy because excess weight and obesity, which causes her future health risks in addition to this style of food helps lactating women to provide nutrients such as carbohydrates, proteins, minerals, vitamins, which supports Breastfeeding the feeding practices satisfactory during this critical period, and this is consistent with a study [14] As noted [19] to lactating women in the Sudan promotes high-protein food consumption practices, particularly the origins of the ring (nasha) .

Table 3 shows the foods to avoid during the postpartum period were onions and radishes 87.62%, 13.33% don't avoid it. Avoid peppers and chili all responders avoid eating legumes 57.57 100%, do not avoid 42.42 percent. Causes of Heroes: an undesirable effect on the fetus 35.75%, abdominal distension and intestinal 41.81%, 19.39% eating habits and 9.09% there are no reasons to avoid these foods during the post-natal period, and these results demonstrate a lack of knowledge and reliance on legacy information in society, and these results are consistent with a study [12, 18]

Table 4 shows foods consumed on the first day of birth and protein-rich foods 60.60% and energy rich food for 27.27% there is no custom food day 12.12% and protein-rich foods are usually good for mothers and children's health after birth while the energy rich food have addressed health hazards especially foods that enters in the composition of animal fats, sugar, this result agrees with the study [16] There are some excellent food and dangerous practices on the health of women following confinement in Saudi Arabia..

Table 5 shows the favorite foods during the postpartum period and hot drinks such as mutton soup 64.84% prefer to eat while prefer 35.15 percent prefer bird soup years% 27.27 72.84% favorite. Fenugreek tea with milk in my favorite 90.90% and 15.9% no preference. Hot milk with butter animal 57.57%, 42.42 percent. Milk 85.72% alhargl (herb), noted that the hot foods were more common in the food and favors prefer 6.06%. Your favorite fruits and vegetables for 30.30% and 66.66% prefer women's favorite pastry 24.24% and% 75.75. Reasons for preferring these foods available in: 24.24% and 57.3% help in weight gain, there are reasons for this preference foods because these foods prefer 12.12% dietary habits in the community are considered overweight manifestation of beauty.

V. Conclusion:

. The results indicate that food style for women in the postnatal period is characterized by excessive intake of food energy and frequency in use today and can say that the transition from pregnancy to childbirth may be linked to a negative impact on diet leading to obesity because of the habits, which can affect the health of women in the future.

Recommendations:

Antenatal clinic should be carried out sensitization programmers on nutrition and health care for pregnant women and their families. Some visits should include prenatal and postnatal visits to follow up and guide women to contemporary practices, thereby enabling women to correct eating habits. Furthermore, as well as future studies are necessary to explore the relationship between dietary practices and health outcomes for women . The study also recommends a study include chemical analysis of traditional foods in the study area.

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