Anemia is interpreted as low blood hemoglobin values. This medical condition can both developed and underdeveloped countries. The ability of blood to transfer oxygen to tissues is affected when the hemoglobin is low, which in turn develops symptoms such as fatigue, compromised physical work capacity, and shortness of breath. **Objective:** This study was conducted to find out the dietary practices among pregnant females. **Methods:** It was a comparative cross-sectional study. The substantial data was collected from the gynecology department, vaccination department of Tertiary Care Hospitals, Lahore. Nonprobability convenient sampling criteria were utilized in the study. 150 participants were selected for the study. This sample was finalized based on exclusion and inclusion criteria. Out of 150 pregnant females, 75 anemic pregnant females were placed in the experimental group and 75 non-anemic pregnant females were assigned to the control group. The exclusion criteria suggested that non-pregnant and non-cooperative patients will not be included in the study. **Results:** Maximum women belonged to the age group 26-30 years, and the employment status of the women was a housewife. 45% of women also had craving for pica because of the anemia. 68% of women were falling in the category of moderate anemia. The malpractices in diet were also inducing iron deficiency like 59% of women were taking tea after the meal. It was also interpreted that non-consumption of beef (41% of women), chicken (22% of women), fish (58% of women), and egg (34% of women) were recorded to be more anemic. **Conclusion:** The current study investigated the causative factors of anemia. It was inferred that low socio-economic status and less consumption of iron-rich foods make women prone to anemia. Pregnant women are also not cognizant with iron-absorption inhibiting foods which leads to complications and abnormalities in pregnancy outcomes.
**METHODS**

It was a comparative cross-sectional study. The substantial data was collected from the gynecology department, vaccination department of Tertiary Care Hospitals, Lahore. The complete study was conducted in 4 months. Nonprobability convenient sampling criteria were utilized in the study. 150 participants were selected for the study. This sample was finalized based on exclusion and inclusion criteria. Out of 150 pregnant females, 75 anemic pregnant females were placed in the experimental group and 75 non-anemic pregnant females were assigned to the control group. The exclusion criteria suggested that non-pregnant and non-cooperative patients will not be included in the study.

**RESULTS**

In this study, 10.7% women were suffering from first-trimester. Whereas 43.3% and 46% women were suffering from 2nd and 3rd trimester respectively as shown in the table 1.

Table 2 shows that 98.7% participant were from urban areas and remaining 2% were from rural areas.

Majority of participants was belonged to lower class (40.7%). About thirty-three percent (32.7%) women were from middle class and 26.7% were from upper class as shown in table 3.

**Frequency Distribution of Symptoms**

89 patients felt fatigue whereas 61 patients didn’t. 84 patients faced shortness of breath and 66 patients didn’t. 84 patients faced nausea and vomiting and 66 patients didn’t. 13 patients had spoon-shaped nails and 137 patients didn’t. 33 patients suffered joint pain and 117 had no joint pain. 86 patients suffered pain in bones whereas 64 patients had no bones in pain as shown in figure 1.

**Frequency Distribution of Taking an Iron Supplement:**

78.7% of patients were taking iron supplements and 21.3% weren’t as shown in the figure 2.
DISCUSSION

The current study was aimed to assess dietary practices in pregnant women, by comparison among anemic and non-anemic females. Analysis revealed that anemia was more persistent in the third trimester of pregnancy and similar results were found in previous studies by Ergöçmen BA et al; Amany Mukhtar and colleague [20].

This research has found that anemic females have significantly higher (two and more than two times a day) daily consumption of tea and coffee and the majority of them took one of their tea serving with the breakfast meal. Likewise, results were reported in previous studies that tannins interfere with the absorption of non-haem iron in the body and become a major causative factor.

According to the current results, 34% of pregnant anemic women had pica cravings. 18% of women craved raw rice, 8% craved mud, 7.3% craved for ice and 0.7% craved for other non-food substances. Roy A et al; noted similar results in his research study from which he inferred that 37.6% of women were occupied with pica suggesting a strong association between anemia and pica [21].

CONCLUSION

Based on the results of the current study, second and third trimester of pregnancy, multigravida, pica, lower socio-economic status, feeling fatigued, shortness of breath, nausea, spoon-shaped nails, bones pain, joints pain, less physical activity, loss of appetite, tea consumption right after meals, food insecurity, vitamins and minerals deficiency, poor and low protein diet are among the significant risk factors for anemia. Lack of education, lower literacy rate, and no knowledge of balanced diet, improper and infrequent supplementation also contributed to a higher prevalence of anemia in pregnancy. If anemia remained undiagnosed and untreated, it may lead to many complications including miscarriages, stillbirths, mental health impairment in child and low birth weight.
References


