



# Nutritional function in pregnant women and related factors.

Elham Sadat Mortazavi vagheei1  
Department of Midwifery  
Zahedan branch, Islamic Azad university  
Zahedan, Iran  
Email: E\_ [Mortazavi@yahoo.com](mailto:Mortazavi@yahoo.com)

Manya Abasian Rad 2  
Department of Midwifery  
Zahedan branch, , Islamic Azad university  
Zahedan, Iran  
Email: manya\_rad

Research center of Health Clinical Sciences,  
Islamic Azad University, Zahedan Branch, Zahedan,  
Iran.

## Abstract

Introduction and goal; Pregnancy is a critical period in the life of women of childbearing age, during which the nutritional needs of women change due to physiological changes. And if you do not get enough food and malnutrition will have side effects for mother and fetus. However, in developing countries, including Iran, women, especially women in nutritionally disadvantaged areas, are at greater risk. Therefore, the aim of this study was to identify nutritional performance in pregnant women and related factors.

method; Information about this review study entitled Nutritional performance of pregnant women and related factors was searched for keywords Nutrition, Iran, Nutrition in pregnancy, Pregnancy from databases such as SID, Magiran, PubMed, Google Scholar, Scopus Iranmedx. Data analysis was performed qualitatively.

findings; In this study, the nutritional performance of pregnant women was analyzed in 6 separate studies. In more than 66% of studies, dairy group deficiency, 50% deficiency of fruit and vegetable group, 50% deficiency of bread and cereals, 50% deficiency of meat and legumes, and 50% deficiency of iron, calcium, vitamin A and vitamin D was

observed. Factors affecting nutritional performance included level of education, body mass index, level of awareness of nutrient balance and proper nutrition, employment, location in town or village, level of internet access, mobile phone and book.

conclusion; The nutritional behavior of most pregnant women, especially those with low levels of education, was assessed as unfavorable. Inadequate dietary pattern of pregnant women and lack of diversity in the diet of most of them had led to inadequate intake of some micronutrients. Improving the knowledge and attitude of pregnant women through the use of targeted and effective training programs with the help of health workers and mobilization of information through mass media is recommended.

Keywords: Nutrition in pregnancy, Pregnancy, Nutrition, Women.

## INTRODUCTION

Pregnancy is one of the most important and fundamental periods in women's lives that is of great health and social importance for the individual, family and society (1). One of the important components of a healthy pregnancy is maternal nutrition during pregnancy, which should be emphasized during prenatal counseling (2). Healthy, adequate, balanced and varied nutrition during pregnancy is essential for the