

Annual Congress &amp; Medicare Expo on

# Primary Healthcare

April 25-27, 2016 Dubai, UAE

## Influence of balanced diet on the nutritional status of the children between 1 to 3 years

Vijayalakshmi Gopalan Nair  
University of Nizwa, Oman

**Aim:** In the present study the researcher wanted to examine the nutritional status of children between 1 to 3 years (pre schoolers). This study also wanted to investigate the improvement of weight and hemoglobin level through administration of balanced diet.

**Methods:** One group per-test post-test design was adopted in the study. In pre-test nutritional assessment, dietary intake, anthropometric measurements and hemoglobin level of the children were assessed. The data collection was done for a period of 45 days. Physical assessment, nutritional assessment, dietary intake (pattern), nutritional deficiency diseases, anthropometric measurements like height, weight, head circumference, chest circumference, mid-arm circumference and hemoglobin levels were assessed. Education was given to the mothers on balanced diet and were demonstrated individually in their home setting on their menu planned for their children. After assessing, 30 children data were collected from their mothers.

**Results:** The study findings revealed that among 96% of children there was a significant increase in the weight (from 0.5 to 1.2 kg), mid arm circumference and hemoglobin level (0.6 to 1.2 gms dl). None of the child reported to have nutritional deficiencies. There was no significant difference in height, chest circumference and head circumference of the children. However, it has not increased to the ICMR recommended allowances. All the mothers perceived the importance of balanced diet and were able to prepare and feed the prescribed diet to their children which comprised of rice, raggi, beef, egg, fish, milk, daal, vegetables including green leafy vegetables, roots and tubers and locally available fruits.

**Conclusion:** The study brings to the attention that proper preparation and administration of balanced diet assures satisfactory growth and development, prevention of infectious disease, nutritional deficiencies and thereby promoting well being of the children.

### Biography

Vijayalakshmi Gopalan Nair is a registered Nurse and Midwife with Master's in Community Health Nursing Speciality in 2000. She has completed a Post-graduate diploma in Computer Application and pursuing PhD. She is currently working as Lecturer at College of Pharmacy & Nursing, University of Nizwa, Sultanate of Oman.

[vijharshu\\_2003@yahoo.co.in](mailto:vijharshu_2003@yahoo.co.in)

### Notes: