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MENUS

PIYARAT TUNWETCHASIN : DEVELOPMENT OF APPROPRIATE FOOD MENUS
FOR LOCAL PREGNANT WOMEN IN UBONRATCHATHANI PROVINCE. THESIS
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Maternal nutrition has an important influence on the course and outcome of conception. Proper nutrition during pregnancy influences the growth and development of the fetus and the well-being of a pregnant woman. Viriyapanich, T. et al reported that the average nutrient intake per day of pregnant women in urban and rural areas of Ubonratchathani (Ubon) Province were inadequate especially for calcium, vitamin A, and iron which were lower than 50%RDA.

To develop food menus which were appropriate for local pregnant women, Ubon Province was selected as the model for the northeast. The studied areas classified as urban communities included Muang and Warinchamrap districts, and Trakarnphutphon, Nayer and Khong Chiam districts represented rural communities. Both areas were surveyed for local available foods. This study aimed to develop 5 appropriate menus. 3 of the 5 developed menus for each area were chosen as food menu guideline prototypes. A home-use acceptability test was used to evaluate the sensory acceptability and practicality of the recipes by using balanced incomplete block design with 30 subjects for each recipe. The results showed that there were more variety and diversity of food in the urban areas than in the rural areas. However, people in rural areas could find nutrient-rich foods from natural sources, mobile vendors, self-production, grocery stores and their weekly markets. Omelets with canned sardines in tomato sauce, chicken curry with pumpkin and glutinous rice cooked with dehulled mungbean and peanut were tested in rural areas, while omelets with canned sardines in tomato sauce, fried rice with canned sardines in tomato sauce and fried tofu with vegetables and pork were tested in urban areas. Results of the acceptability and the practicality tests showed all subjects in both areas accepted the food guidelines. 66-97% of the subjects accepted these menus on the basis of convenience for cooking, acquisition of ingredients and suitable amount of ingredients. Fifty percent of the subjects in urban areas suggested to change certain ingredients in the omelets with canned sardines in tomato sauce. 57-91% of the subjects in both areas preferred these foods. This food menu guideline for pregnant women was developed and will be distributed to pregnant women in the future.