

Level of Awareness on Nutrition Related Issues among Rural Women

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Nutrition is an important determinant of good health. Ensuring proper nutrition awareness building is thought as prerequisite. In Bangladesh most of the people live in rural area. In our country women were responsible for most of the post-harvest work in rural areas and their number is not small. A lot of critical moment they have to pass like child bearing, child delivery, lactation etc. In this period they need extra calorie along with normal requirement such as 300 kcal extra during pregnancy and 500 kcal extra during lactation but our observation found they are aware about pregnancy care and micronutrient intake but not about lactation care and macronutrient consumption though lactating mother needs more energy for production of breast milk which is must needed for infant and young children feeding for their growth and development. They are also less conscious about adolescent nutrition though consciousness on use of sanitary napkin is increasing day by day. Awareness on colostrum feeding, exclusive breast feeding has been increased but knowledge on complementary feeding need to be improved because after six month breast feeding alone does not fulfil energy of children. Early or late starting of complementary feeding is responsible for energy gap such as Iron gap, vitamin-A gap, Zn gap etc. Green and colorful vegetables, local fruits, egg, pulses are available, accessible and affordable all over the country particularly in village areas and are considered as important sources protein, vitamin and minerals but most of the women are unaware about nutritive value of these vegetables and fruits even they do not know how to preserve nutrients by using proper cooking process. There is a proverb if you want a healthy baby you have to need a healthy mother first and ultimately she will give a healthy nation. To achieve this nutrition education and nutritional messages promotion should be started comprehensive way and specifically and priority should be given on homestead food production as well as dietary diversity. Corridor meeting (*uthan boithok*) can be arranged by engaging and gathering rural reproductive aged women.

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