

NUTRITIONAL STATUS OF PREGNANT WOMEN FROM REPUBLIC OF MOLDOVA

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During pregnancy, fresh and wholesome food is most important for the unborn child, because everything that the mother eats is also given to the baby in a mandatory manner. Proper and rational nutrition in this period is the key to the birth of a healthy baby. The purpose of the study was to evaluate the level of awareness of pregnant women from the Republic of Moldova of the nutrition importance during pregnancy for the health of the future newborn. The study was conducted based on a questionnaire containing 37 questions and divided into 4 basic subchapters: General information, Lifestyle, State of health and Nutrition during pregnancy. The questionnaire was completed by 200 women, age ranged between 20 and 40 years (distributed by age as follows: 20-25 years - 40%; 26 - 30 years - 35%; 31 - 35 years - 20% and 35 - 40 years - 5%) being in their first (11.8 %), second (58.8 %) or third (29.4 %) pregnancy trimester. In the study, it was elucidated that depending on the availability of food and pregnant women's access to it, the increase in body weight varied accordingly, varying up to +13 kg for women in the 3rd pregnancy trimester.

The analysis of the results regarding nutrition during pregnancy revealed that pregnant women change their eating behavior by limiting (raw milk or fish, blue cheese, coffee, alcohol, etc.) or adding some foods (fish and bovine as complete protein sources, vegetables (especially cruciferous) as fiber sources, calcium sources, etc.) to the daily ration. The nutrition changes were mostly influenced by reliable sources (<https://msmps.gov.md>; www.mamaplus.md; www.familia.md, etc.) or by pregnancy doctors. Being concerned about the health of the future baby, following the recommendations of health specialists, most pregnant women also supplemented their diet with folic acid, iodine, vitamins, etc.

Keywords: eating patterns, food availability, pregnancy, supplements

Acknowledgments: The research was funded by State Project 20.80009.5107.10, nr. PS-62 "Personalized nutrition and intelligent technologies for my well-being", running at Technical University of Moldova.