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KNOWLEDGE OF MOTHERS ON INFANT NVUTRITION IN AZAD-SHAHR AREA

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Proper and adequate nutrition during the first two years of life are important factors determining the future health and growth of a child. Exclusive breast feeding during the first 6 months of life followed by supplemental feeding are the most important aspects of proper nutrition.

In this study, the relation of the awareness of 400 mothers regarding proper nutrition of infants under 2 years of age with their age, occupation and level of literacy was assessed. Mothers with at least one child were identified for this study in the form of clusters from Azad-shahr, Yazd. There was no correlation between age, number of children and the level of awareness on infant nutrition. However, a significant relationship between occupation, level of literacy and level of awareness was noticed. The results indicate that education of mothers about different aspects of nutrition such as exclusive breast feeding and supplemental diet are very important.

Keyword: BREAST FEEDING, SUPPLEMENTAL NUTRITION

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