

Name of Candidate : Amany Abd El-Fattah Morsy **Degree :** Ph Degree
Title of Thesis : Preparation and Evaluation of some snacks for pregnant women.
Supervisors : Prof. Dr. Nadia M. Abdallah Prof. Dr. Fatma Sayed Galal
Prof. Dr. Ahmad M. Khorshed.
Department : Food Science and Technology
Branch : Rural Home Economics

Abstract

This study has been conducted to investigate the nutritional and health status of the pregnant women and evaluate of women's practices during pregnancy. Also, we evaluate the dietary intake for 24- hours recall before interview using a spical design questioninare. The sample content of 200 pregnant women were chosen randomly from Embaba city and Helwan City in Egypt (100 pregnant women in each area). Also, this study was carried out to prepare some of snacks which were supplemented by some local raw materials which had high nutritive value for pregnant women. The chemical composition and organoleptic tests were analyzed for the snacks product. After that, the albino pregnant rats were fed by this snacks. Also, the blood was analyzed on 10th and 19th days of the pregnancy period when the pregnant rats were killed. All the results were treated statistically.

The results indicated that most of the pregnant women of the study groups were under 30 years old, the married period were (1-5), the pregnant women were being the follow up in the first trimester. Also, they most of the pregnant women had a baby for 2 or 3 times and prefer attendance of education programs. There is a high significant difference in the blood hemoglobin between study groups ($P < 0.01$). Moreover, the most of pregnant women in the study group were intake about two- third percent of DRI, 1998 for Fe and Ca. The results indicated that there are a high significant correlation between the women's education and the most of the studied variables in both study groups. While, there is a high significant correlation between the blood pressure and each of the vitamin A intake, vitamin B₂ intake, iron intake and copper intake ($P < 0.05$) for the pregnant women in Embaba city only.

Also, the replaced part of wheat flour by the milk powder, some soy products and wheat germ increased the protein content. And replaced (10%) with dried carrot or dried pumpkin increased the β -carotene in the products.

The addition (10%) of the dried carrot or dried pumpkin increased the serum glucose, globulin, total lipid and total triglycerides and decreased the serum albumin and total cholesterol on 10th day of the pregnancy period rats.

While, the addition of the dried carrot or dried pumpkin increased the serum globulin, total lipid, total triglycerides and decreased the serum glucose and albumin on 19th day of the pregnancy period rats.

Also, the addition of dried carrot or dried pumpkin increased the maternal liver for each protein , cholesterol, P, Ca and Mg content when compared with the control formula.

Nadia Abdallah

نموذج رقم (٤)

اسم الطالب : أماني عبد الفتاح مرسى
عنوان الرسالة: تجهيز وتقييم بعض الوجبات الخفيفة للسيدات الحوامل
المشرفون : أ.د. نادية محمد عبد الله
أ.د. فاطمة سيد جلال
أ.د. أحمد محمود خورشيد
قسم : الصناعات الغذائية
فرع : اقتصاد منزلى ريفى تاريخ منح الدرجة :

الملخص العربي

تهدف هذه الدراسة إلى دراسة الحالة الغذائية والصحية للسيدات الحوامل وتقييم ممارساتهن أثناء الحمل، كذلك تقييم المؤخوذ اليومي عن طريق جمع ما تناولته الحامل قبل يوم الزيادة باستخدام استمارة استبيان خاصة. العينة احتوت على ٢٠٠ سيدة حامل في منطقتي مدينة إنبابة ومنطقة حلوان بمصر (١٠٠ سيدة حامل في كل منطقة).

كذلك تم عمل بعض الوجبات الخفيفة والتي دعمت ببعض المواد المحلية ذات القيمة الغذائية العالية للسيدات الحوامل. كذلك تم عمل التحليل الكيماوى والاختبارات الحسية لهذه الوجبات الخفيفة. وبعد ذلك تم عمل تجربة تغذية على فئران الألبينو الحوامل وحلل الدم لهن في يومى العاشر والتاسع عشر من بداية الحمل وتم تشريح الفئران الحوامل فى اليوم التاسع عشر. كما أجرى التحليل الإحصائى للنتائج المتحصل عليها.

أشارت النتائج إلى أن معظم السيدات الحوامل فى مجاميع الدراسة كانت أعمارهن أقل من ٣٠ سنة، تراوحت فترة الزواج بين ١-٥ سنوات، كذلك معظم السيدات الحوامل بدعن متابعة الحمل فى الثلاث الشهور الأولى من الحمل. كما أن معظم السيدات الحوامل كن ينتظرن الطفل الثانى أو الثالث وكن يفضلن حضور البرامج الإرشادية.

كذلك وجدت فروق معنوية فى هيموجلوبين الدم بين المجاميع المختلفة ($P < 0.01$). بالإضافة إلى ذلك معظم السيدات الحوامل المدروسات كن يتناولن حوالى $\frac{2}{3}$ % من DRI, 1998 من الحديد والكالسيوم.

أوضحت النتائج أيضاً وجود فروق معنوية بين الارتباط مابين تعليم الأم ومعظم الصفات المدروسة فى كلا من المجموعتين المدروستين. بينما وجد فروق معنوية بين الارتباط مابين ضغط الدم والمؤخوذ من فيتامين A ، B₂ والحديد والنحاس ($P < 0.05$) للسيدات الحوامل المدروسة فى منطقة إنبابة فقط.

إحلال جزء من دقيق القمح باللبن البودر وبعض منتجات الصويا وجنين القمح أدى إلى زيادة فى محتوى البروتين. أيضاً أحلال (١٠%) بالجزر المجفف أو القرع العسلى المجفف أدى إلى زيادة البيتاكاروتين بالمنتج.

كما أدت إضافة (١٠%) من الجزر المجفف أو القرع العسلى المجفف إلى زيادة كلا من جلوكوز وجلوبيولين والدهون الكلية والجليسريدات الثلاثية الكلية فى السيرم ونقص من البومين السيرم والكوسيترون الكلى فى اليوم العاشر من فترة حمل الفئران.

بينما إضافة الجزر المجفف والقرع العسلى المجفف أدبت إلى زيادة فى جلوبيولين والدهن الكلية والجليسريدات الثلاثية الكلية فى السيرم ونقص فى جلوكوز والبيومين السيرم فى اليوم التاسع عشر من فترة حمل الفئران.

أيضاً إضافة الجزر المجفف والقرع العسلى المجفف أدبت إلى زيادة فى محتوى كبد الأم فى كلا من : البروتين والكولمسترون والفسفور والكالسيوم والمغنسيوم عند المقارنة بالخطة الحاكمة

(مطبعة جامعة القاهرة ١٩٨٤/١٩٨٣)

سليم عبد الله

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