

Dr Deepti Khanna, Lead, Claims and Clinical Management, Medical Affairs, Hindustan Unilever Ltd. presented on ‘Maternal Nutrition: Nutrients of Importance and India Context’.

She focused on maternal health and the importance of nutrients in the Indian context also showed key statistics and trends related to maternal health, including fertility rates, maternal mortality rates, hygienic protection during periods, exclusive breastfeeding, malnutrition, anaemia prevalence, and low birth weight. The statistics show both improvements and areas that require attention in maternal health and nutrition. She emphasized the significance of macronutrients and micronutrients in maternal health, particularly in addressing anaemia prevalence and gave detailed recommendations for dietary intake of energy, protein, and micronutrients such as Vitamins B12, folate, iron, and water-soluble B vitamins.

She also discussed the importance of various interventions, such as protein and lipid supplementation, micronutrients, and Vitamin D, in improving pregnancy outcomes moreover suggesting that different dietary patterns can influence the macro and micronutrient composition of human breast milk, which can impact infant health.

In conclusion, she spread awareness about the importance of maternal nutrition in improving birth outcomes and overall maternal health. She also gave a comprehensive review and recommendations aimed at guiding policies and practices for enhancing maternal nutrition and health in India.