

**Abstract**

**Original Article**

**Assessment of the Diets and Weights of Primiparous and Multiparous Pregnant Women in the Last Trimester**

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**Abstract**

**Introduction** For a healthy and safe pregnancy, physiological requirements must be met, the storage levels in the body be kept in a balance, the baby must reach its potential weight and be born with adequate nutrients in its body.

**Aim** The dietary changes and weight conditions of primiparous and multiparous pregnant women were assessed.

**Methodology** This descriptive study was carried out at a maternity hospital located in Erzurum, Turkey. The study was conducted with 435 pregnant women in the final trimester of their pregnancy.

**Results** It was found that the rates of care received by the pregnant women before delivery were high; however, the rates at which they received information on diet during pregnancy were low and primiparous pregnant women made more changes in their diet than the multiparous pregnant women. It was found that the average daily consumption of meat and meat products by the pregnant women was at a significantly high level ( $p < 0.05$ ). It was found that the Body Mass Index and gravida (primiparous and multiparous pregnancy) did not have any effect on weight gain during pregnancy ( $p > 0.05$ ).

**Conclusions** It was found that primiparous pregnant women received more information on diet than multiparous pregnant women, made more changes in their diet and their BMI indexes during pregnancy were in the normal range. Pregnancy follow-up nutrition and weight control should be handled with a multidisciplinary approach.

**Keywords** Diet, Body Mass Index, Midwifery, Pregnancy, Weight Gain