

## **ABSTRACT**

**Objectives** The goal of this study was to investigate nutritional patterns in pregnancy and to see how these patterns differ among primigravida and multigravida women.

**Design** The study was conducted using a cross sectional study design.

**Subjects/Main outcome measures** The main outcome measures in this study were the differences that existed by gravida status in food consumption, change in dietary behavior, consumption of supplements, types of exercise, conditions experienced and consumption of caffeine containing beverages.

**Statistical analyses performed** Means were used to represent data. Comparison between the two groups was done using chi square. Frequency data were computed using Fisher's exact test. Data of statistical significance have P values lower than 0.05.

**Results** The majority of participants belonged to the multigravida group. There were no significant differences in the consumption of food. Change in the consumption of fruits, vegetables and milk was significant in the primigravida group but there were no significant changes in the multigravida group. The main source of nutrition information was doctor/nurse, supplementation was high among both groups, water was the beverage most frequently used to accompany supplements, nausea was the most frequently experienced condition, and consumption of caffeine containing beverages was high among both groups.

**Conclusion** The main findings of the study were that nutrition had a major role in pregnancy and many differences existed between primigravida and multigravida women with respect to nutritional behaviors in pregnancy.