Introduction

Nearly 100 million tribal population lives in India and there nutritional intake during pregnancy and child feeding practices not documented. The study intended to examine the type of food consume patterns, beliefs and misconceptions of food items among the tribal population. The study also examine the child feeding practices.

Methods

The study used both qualitative and quantitative methods to address the objectives. A cross-sectional study was conducted in rural Gadchiroli district of Maharashtra, India, during November 2014–March 2015 including a representative population-based sample of 385 men whose wife given birth in last two years and age 15-49 years. Qualitative data collected using Key in-depth interviews and focus group discussions with elderly women and health care providers in the study area. Univariate and bivariate analysis have been performed. Ethical issues addressed before study conducted.

Results

Only 30% women taken any special food item during pregnancy, Out of this 25% of women eat fruits, 20% Non-veg food items. Only 6% women had fish during pregnancy. In qualitative results, it is found that tribal communities nutritional awareness are very less. Looking at child feeding practices it is evident that 32.7% of newborn were given breast milk after 24 hours of the birth, and late initiation of breastfeeding is very common, and tribal communities don’t feed the colostrum, 13% of mothers have initiated breastfeeding after five hours of birth.

Conclusion
Awareness about nutritional healthy food intake practices among tribal communities need. Addressing the cultural practices and community beliefs are crucial to addressing the problem.