

# 营养学报 | 中国 3 城市乳母营养素摄入情况调查

本文关键字：乳母、营养素摄入、膳食调查

影响因子：无

建议阅读时间：1 分钟

## 摘要

哺乳期的妇女为婴儿的生长发育提供必需的营养成分，同时也进行自身恢复、补偿妊娠和分娩所消耗的营养储备。因此这一阶段妇女膳食的全面、均衡至关重要。过去 20 年的营养调查显示，我国乳母营养素摄入量不足的现象普遍存在。而从 2002 年的全国居民营养与健康状况调查至今，尚无大规模、跨地区的乳母营养调查。为了解目前我国城市中乳母营养摄入情况，为指导乳母合理膳食提供依据，我们于 2011 年 10 月至 2012 年 2 月期间对国内 3 城市的乳母进行了营养调查。

Table 1 Dietary energy and nutrients intakes ( $\bar{x} \pm s$ )

Nutrient and energy	0-1 mon (n=260)	>1-2 mon (n=99)	>2-4 mon (n=90)	>4-8 mon (n=88)	Total (n=537)
Energy (kcal)	1693.6±675.8	2070.2±891.7	2216.7±816.9	2103.3±895.8	1917.8±810.2
Carbohydrate (g)	198.2±98.6	245.1±117.9	293.6±136.6	257.1±134.8	232.5±120.9
Protein (g)	72.5±42.9	85.8±58.5	84.2±41.2	79.6±45.2	78.1±46.5
Fat (g)	70.4±42.5	87.7±51.3	83.5±37.5	89.6±52.9	78.9±46.0
Dietary fiber (g)	7.1±5.7	11.1±8.5	12.6±9.0	13.1±10.6	9.7±8.2
Vit A (μgRE)	662.1028.5	713.7±697.1	962.4±2256.2	841.6±1426.1	751.5±1337.2
Thiamin (mg)	0.9±1.0	1.1±0.9	1.1±0.7	1.0±0.6	1.0±0.9
Riboflavin (mg)	1.1±1.1	1.2±0.8	1.2±0.7	1.3±1.6	1.2±1.1
Niacin (mg)	16.7±11.5	19.5±14.8	18.9±9.7	19.2±14.8	18.0±12.5
Vit C (mg)	63.2±102.3	114.0±93.5	125.2±90.8	110.8±83.2	90.7±99.4
Vit E (mg)	20.9±14.7	30.3±19.1	28.9±22.5	28.3±17.4	25.2±17.9
Ca (mg)	401.4±434.6	585.3±459.3	591.2±464.7	649.0±740.0	507.7±515.4
Fe (mg)	19.9±14.2	24.2±18.1	24.3±14.8	21.5±11.1	21.7±14.7
Zn (mg)	10.3±6.1	12.4±7.3	12.8±6.3	12.1±6.1	11.4±6.5
Na (mg)	3907.4±2796.3	4873.6±4842.0	4202.1±1826.9	5012.7±3163.1	4316.0±3234.7

1 kcal=4.184 kJ

**Table 2 Levels of energy and nutrients intakes by DRIs recommendations (%)**

Nutrient and Energy	0-1 mon (n=260)	>1-2 mon (n=99)	>2-4 mon (n=90)	>4-8 mon (n=88)	Total (n=537)
Energy	16.3	22.2	32.2	25.0	17.5
Protein	40.7	35.4	45.6	36.4	34.6
Vit A	12.8	17.2	15.6	15.9	13.6
Thiamin	12.8	11.1	14.4	9.1	10.1
Riboflavin	14.0	18.2	15.6	15.9	15.5
Niacin	39.5	42.4	41.1	38.6	36.9
Vit C	17.4	32.3	40.0	29.5	22.9
Vit E	88.4	92.9	88.9	89.8	82.3
Ca	3.5	9.1	7.8	11.4	5.6
Fe	25.6	28.3	34.4	31.8	26.1
Zn	7.0	8.1	13.3	9.1	7.4
Na	94.2	92.9	93.3	90.9	87.5

**Table 3 Mean macronutrient distribution ranges**

Nutrient	0-1 mon (n=260)	>1-2 mon (n=99)	>2-4 mon (n=90)	>4-8 mon (n=88)	Total (n=537)
Carbohydrate	47.4%	47.9%	52.3%	49.1%	48.6%
Protein	16.9%	15.9%	15.0%	14.9%	16.1%
Fat	37.1%	38.3%	34.9%	38.3%	37.1%

**Table 4 Mean nutrients intakes (densities) per 4184kJ**

Nutrient/4184kJ	≤1 mon(n=260)	>1 mon(n=277)
CHO (g)	118.5	124.2
Protein (g)	42.3	38.2 <sup>a</sup>
Fat (g)	41.2	41.3
Dietary fiber (g)	4.1	5.7 <sup>a</sup>
Vit A (μgRE)	399.8	397.8
Thiamin (mg)	0.6	0.5
Riboflavin (mg)	0.7	0.5 <sup>a</sup>
Niacin (mg)	9.9	8.8
Vit C (mg)	36.9	60.0 <sup>a</sup>
Vit E (mg)	13.0	14.3 <sup>a</sup>
Ca (mg)	233.2	274.1 <sup>a</sup>
Fe (mg)	11.8	10.9
Zn (mg)	6.0	5.8

<sup>a</sup> P<0.05

参考文献：杨媿媿，张玉梅，等. 中国 3 城市乳母营养素摄入情况调查. 营养学报.2014.36(1):84-86.

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