

## Introduction

The purpose of the study was to explore Knowledge, attitude and practices of pregnant women regarding nutrition during pregnancy and to use the results as baseline for nutritional intervention programs in future.

## Methodology

The study used a cross sectional study design that utilized quantitative methods of data collection. A total of 384 participants constituted the sample size. These participants were selected from the antenatal clinic in Lubaga Hospital using simple random sampling.

## Results

The study revealed that majority of the respondents 140 (36%) had primary level of education, these mothers had in adequate knowledge on feeding during pregnancy, 240 (62%) of the respondents were earning below 400,000 shillings (Low income). This is the reason why these mothers could not afford to buy all the food staffs they wanted to eat during pregnancy. 264 (69%) had never got information about feeding in pregnancy; this affected these mothers negatively and their feeding partner during pregnancy.

## Conclusion

The study found out that low level of education, low income and lack of information contributed to poor feeding during pregnancy.

## Recommendation

Health workers in Lubaga hospital and all other hospital should educate mothers about feeding in pregnancy to promote healthy of the mother during pregnancy and after delivering.