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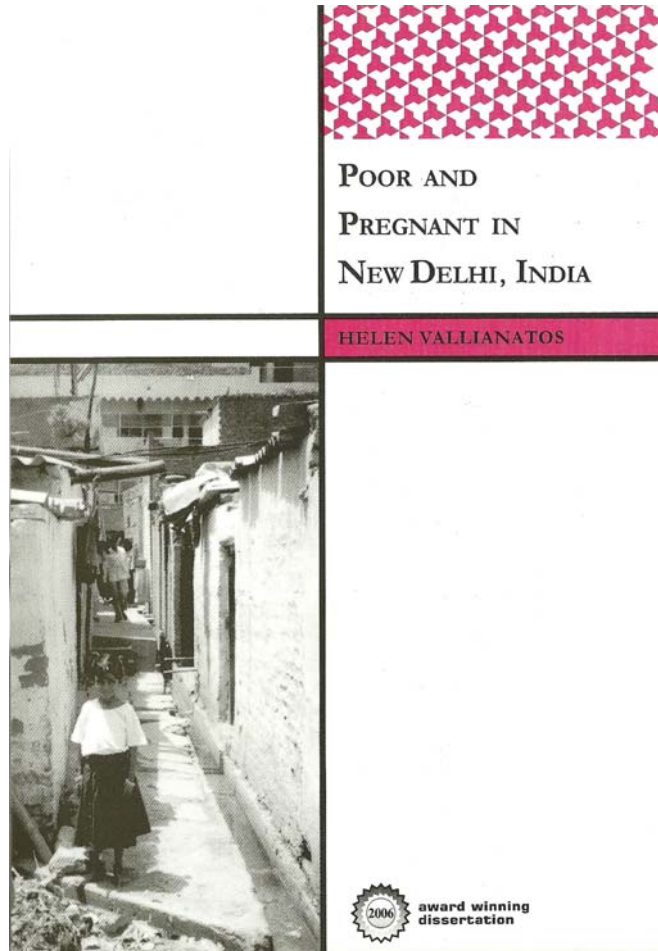
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JUST PUBLISHED

Poor and Pregnant in New Delhi, India

Helen Vallianatos



ABOUT THE BOOK

This project is an exploration of how women interpreted the cultural dietary norms for pregnancy based on their reproductive histories, socioeconomic status, and family structure, and, in turn, how their food practices shaped their nutritional and health status. Based on 15 months' fieldwork in New Delhi squatter settlements, Dr Vallianatos meticulously documents cultural values and beliefs, dietary analysis, and the nutritional and health status of mothers. From this research, it is clear that women do not blindly follow cultural dietary proscriptions but modify their diets to suit their individual realities.

ABOUT THE AUTHOR

Helen Vallianatos completed her doctorate in nutritional anthropology at the University of Oregon under the guidance of Dr Geraldine Moreno-Black. Dr Vallianatos' was the recipient of a National Science Foundation Dissertation Improvement Grant, a Sasakawa Foundation International Trade and Development Fellowship, two research grants from the Center for the Study of Women in Society, and a Stephen L. Wasby Dissertation Grant, University of Oregon. She is currently an assistant professor in the Department of Anthropology, University of Alberta.

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