

Pregnancy specific considerations when assessing diet



- Assumptions made that overall type of diet does not change
 - Increases in the amount of foods normally eaten
 - Slight reductions in certain foods-caffeine and alcohol
 - Slight increases in dairy, and protein sources for vegetarians
 - Greater change for women who's income allows for it



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Women's dietary changes before and during pregnancy: A systematic review



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- 11 research articles (1984 to 2014) from 9 studies
- Majority report an increase in energy intake during pregnancy.
- Majority report a significant increase in fruit and vegetable consumption, a decrease in egg, fried and fast-food, and coffee/tea consumption from before to during pregnancy.
- Age, education and pregnancy intention are associated with healthier dietary changes.



Tracking of Maternal Diet from Pregnancy to Postpregnancy: A Systematic Review of Observational Studies

Yu Qi Lee,¹ Jason Loh,² Rebekah Su Ern Ang,¹ and Mary Foong-Fong Chong^{1,2}

- 17 research articles (1993-2019) included; 8 evaluated diet once each trimester
- Energy intake, macronutrients, micronutrients, food groups, dietary indices, and a whole-diet approach
- Mixed findings for changes in energy and micronutrients.
- Most studies reported significant decreases in fruit and vegetable consumption, lower diet quality and adherence to a healthier dietary pattern during the transition from pregnancy to post-pregnancy, whereas increases in discretionary food and fat intakes were observed.
- Women with lower education level, lower income, and/or who worked full-time tended to have poorer dietary behaviors post-pregnancy.

Lee et al, Cur Dev Nutr 2020

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- Assumptions made that overall type of diet does not change
- How many assessments are needed to characterize pregnancy over the 9 month time period?
 - One or two per each trimester?
 - Monthly?
 - Multiple regardless of when?
 - How correlated are the data?

Pregnancy specific considerations when assessing diet



- Nausea and vomiting may influence typical diet
- Myths around eating for two and cravings can alter typical dietary choices. Better or worse?
- Pregnancy complications that develop at various points could alter typical intake (i.e. GDM, bed rest)
- Third trimester due to size of the baby can result in decreased appetites as well as a decrease in physical activity levels
- Assessing beverage intake

Webinar 1 Speakers

Kate Sauder, University of Colorado	Estimating Intake of Dietary Supplements during Pregnancy
Elizabeth Widen, University of Texas Austin	Dietary assessment during pregnancy: Perspectives from a nutritional phenotyping cohort
Anne-Sophie Morisset, Laval University, Québec City	A French Canadian Perspective to Diet Assessment during Pregnancy
Daniela Sotres-Alvarez, University of North Carolina at Chapel Hill	Analytical Methods to Estimate Dietary Intake during Pregnancy