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Food and nutrient intake of women change during pregnancy: Results from the PRINCESA Cohort

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An optimal diet during pregnancy support the physiological changes that occur in the mother and plays a fundamental role on fetal growth rate and organ development. The objectives of this study were to characterize maternal diet in second and third trimesters and to determine what changes women make through pregnancy in alignment with Mexican dietary recommendations. Data on maternal diet (multiple-step 24-hour dietary recall) were collected in a sample of 660 pregnant women from the Pregnancy Research on Inflammation, Nutrition, & City Environment: Systematic Analyses (PRINCESA) cohort in Mexico City. The estimation of daily intake of energy, nutrients and foods was calculated by using a food-composition table of the National Institute of Public Health. In the second trimester, we identified that the highest energy contribution (EC) (%, ±SD) was from high in saturated fat and or added sugar (HSFAS) foods (17.92%±12.08), followed by Sugar Sweetened Beverages (SSBs; 17.51%±11.49), cereals and tubers (CT; 15.83%±8.31) and fruits and vegetables (FV; 15.31%±9.02). In the third trimester, the highest %EC was from CT (16.92%±10.2), followed by HSFAS (16.71%±12.83), FV (16.33%±10.09) and SSBs (15.22%±11.48). The prevalence of excessive saturated fat consumption was elevated, especially in the second trimester (53.04%; 95% CI: 49.60, 57.31). We found that the prevalence of excessive added sugar intakes decreses from 35.67% (95% CI: 32.22, 39.09) to 26.80% (95% CI: 23.42, 30.19) from the second to third trimester. In conclusion, nutrient intakes and energy contribution of food groups between trimesters indicate that the diet composition of women is modified for the better as pregnancy progresses.

Biography

Monica Ancira Moreno has completed her PhD in 2018 from National Institute of Public Health, Mexico. She has been working as Academic at Universidad Iberoamericana (IBERO) since 2017. Her areas of research interest include maternal and child nutrition and the prevention of non-communicable chronic diseases over the life course. Currently, she is the Principal Investigator of the project "Maternal and Health Observatory", whose mission is to create a systematized information platform through the collection, monitoring and reporting of maternal and child health and nutrition indicators that works as supplies to the formulation and implementation of public policies in Mexico.

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