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Pre-pregnancy body mass index associated with salty foods preference in the second trimester of gestation

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Preference for sugars, fats and sodium had been related to obesity and weight gain in adults. Changes in food preferences during pregnancy had been identified, however, there is few evidence related to food preferences, gestational weight gain (GWG) and pre-pregnancy body mass index (PPBMI). The present study aims were identified a preference for salty, sweet and fatty foods as well as GWG and PPBMI in the second trimester of pregnant women from Ciudad Guzman, Jalisco, Mexico. In this cross-sectional study participated 66 pregnant women (26 first trimester, 24 second trimester and 16 third trimester, age 23.7 ± 4.7) and 36 non-pregnant women. Preference data was gathered from Pref Quest (Cronbach's $\alpha=0.8$). Weight and height were registered, pre-pregnancy body mass index (BMI) and GWG was calculated. Data were tested for normality test, correlations were determined by Pearson test ($p < 0.05$) The results indicated a negative correlation between the preference for salty ($p=0.023$), fatty salt ($p=0.027$) and overall salty foods ($p=0.019$) and PPBMI during the second trimester. Besides, in the group of women in the second trimester with normal PPBMI, salty ($p=0.016$), fatty salt ($p=0.024$) and overall salty ($p=0.019$) foods, preference correlated positively with GWG also, in women with pre-pregnancy overweight fatty salt preference was correlated negatively with GWG ($p=0.047$). These results suggest that GWG and PPBMI could be related with a preference for salty and fatty foods in women in the second trimester. Further investigation is needed to validate if salty and fatty foods preference during the second trimester of pregnancy is related to inadequate GWG and PPBMI.

Biography

Alejandra Castaneda Diaz de Leon has a degree in Nutrition and is a current student of Master in Behavioural Science with orientation to Food and Nutrition at the Eating Behavior and Nutrition Investigation Center in Guzman City, Jalisco, Mexico. She has published 3 papers and presented 10 posters and 2 conferences in national and international congresses.

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