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RELATIONSHIP BETWEEN THE PRE-PREGNANCY BMI, INTAKE OF FIBRE AND FAT DURING PREGNANCY AND THE BIRTH WEIGHT OF NEONATES.

Summary

The aim of the study was to determine the relationships between the BMI of women before pregnancy, the intake of products as sources of fibre and fat during pregnancy and the birth weight of the neonates. The analysis of pre-pregnancy BMI and eating habits was carried out for 442 women in the puerperium. Body weight of their neonates was assessed. 79% neonates were eutrophic, 8% - hypotrophic and among women there should be 13% - hypertrophic. The relationship between maternal BMI before pregnancy and child birth weight was found. Women with the lowest BMI values gave birth to the highest percentage of hypotrophic neonates, women with the highest BMI values - to hypertrophic children. 71% of examined women were characterized by insufficient intake of fibre. Excessive intake of fat during pregnancy was observed for 89%. No relationship was found between the total fibre and fat intake and the neonatal birth weight. Significant differences were observed for the mean frequency of intake of selected products: doughnuts, cakes and cookies and chips (rarer intake - higher neonatal body weight), high-fibre cereals and ice-cream (frequent intake - lower neonatal body weight). A significantly higher percentage of mothers of hypertrophic newborns consumed leguminous plants at least once a week and potatoes at least twice a week in comparison to the percentage of other mothers. The percentage of eutrophic neonates' mothers consuming sausages and frankfurters at least once a week was significantly lower than the percentage of other mothers. Care of the pregnant woman also should focus on modification of maternal nutrition towards increasing fibre and reducing fat intake.

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