



Dietary intake and body mass index of women experiencing nausea in the first trimester of pregnancy

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Background

- Nausea during pregnancy is very common in the first few weeks or months of gestation. Around 70-90% of women talk about having mild symptoms (nausea alone) or moderate to severe symptoms with nausea and vomiting starting from gestational week 5-8.
- Women with nausea during pregnancy have been described as older, less educated and heavier than women who are symptom free.
- A few research have found that women with nausea during pregnancy consume less vegetables and more simple carbohydrates than symptom free women.

Chortatos, A., et al 2013
Latva-Pukkila, U., et al 2010
Crozier, S. R., et al 2017



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Aim

- Compare food choices and body weight between women that experience nausea during early pregnancy and women who are symptom free.
- Compare pre-pregnancy body mass index between those ↑ women.



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3



Method

- This assignment is a part of a larger research.
- All pregnant women coming for an ultrasound at the women's ward in Landspítali at 11.-14. weeks gestation during the period October 2015 to September 2016 were offered to participate.
- The women had to answer a short food frequency list and background questions f.ex. about nausea in the first trimester of pregnancy and pre-pregnancy weight.

Have you experienced nausea during this pregnancy?

No

Yes, with no vomiting

Yes, with occasional vomiting

Yes, with daily vomiting



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4



Results

Nausea during early pregnancy.				
	Symptom free	Nausea only	Nausea and occasional vomiting	Nausea and daily vomiting
Frequency (%)	10.5	46.8	33.7	9.0
	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)
Pre-pregnancy BMI	25.4 (5.3)	25.1 (5.2)	25.8 (5.8)	26.9 (6.3)



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5



Thank you for listening



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6