Contents

Foreword xi
Preface xvii
Dedication xviii
Acknowledgements xix
Glossary xx

1 Nutrition and Fertility 1
   1.1 Introduction 1
   1.2 Nutrition and female fertility 2
   1.3 Nutrition and male fertility 12
   1.4 Conclusion 20

2 Preparing the Body for Pregnancy 25
   2.1 Introduction 26
   2.2 Nutrient stores 26
   2.3 Body weight before pregnancy 28
   2.4 The importance of a balanced diet 29
   2.5 What are women eating? 29
   2.6 A note on dietary recommendations 30
   2.7 Compliance with current recommendations 31
   2.8 A focus on alcohol 33
   2.9 A focus on caffeine 33
   2.10 A focus on calcium 34
   2.11 A focus on folate 34
   2.12 A focus on iron 36
   2.13 Emerging interest in choline 38
   2.14 Multivitamin and mineral supplements 38
   2.15 Application in practice 39
   2.16 Food safety 39
   2.17 Vitamin A 41
   2.18 Fish consumption 41
   2.19 Peanut allergy 42
   2.20 Food additives and ingredients 43
   2.21 Organic food 43
   2.22 Other concerns 43
   2.23 Application in practice 44
   2.24 Conclusion 44
vi Contents

3 Hormonal and Physiological Changes 50
   3.1 Introduction 50
   3.2 Before conception 51
   3.3 After conception 52
   3.4 Formation of the neural tube 55
   3.5 Foetal growth 56
   3.6 Key hormones 57
   3.7 Key physiological changes 61
   3.8 Conclusion 69

4 Nutrient Metabolism in Pregnancy 74
   4.1 Introduction 74
   4.2 Energy metabolism 75
   4.3 Carbohydrate metabolism 78
   4.4 Lipid metabolism 80
   4.5 Protein metabolism 83
   4.6 Calcium metabolism 84
   4.7 Vitamin D metabolism 87
   4.8 Iron metabolism 89
   4.9 Folic acid versus folate 92
   4.10 Conclusion 95

5 Macronutrients and Pregnancy 100
   5.1 Introduction 100
   5.2 Food cravings and aversions 101
   5.3 Energy 102
   5.4 Carbohydrate 104
   5.5 Sugar 106
   5.6 Protein 107
   5.7 Fat 109
   5.8 Fibre 111
   5.9 Water 113
   5.10 Dairy products 114
   5.11 Salt 116
   5.12 Application in practice 116
   5.13 Food choices 117
   5.14 Dietary assessment 118
   5.15 Diet quality index 119
   5.16 Biomarkers 119
   5.17 Application in practice 120
   5.18 Conclusion 120

6 Vitamins and Pregnancy 126
   6.1 Introduction 126
   6.2 Vitamin A 127
   6.3 Thiamine (vitamin B₁) 129
   6.4 Riboflavin (vitamin B₂) 130
   6.5 Niacin (vitamin B₃) 130
   6.6 Pantothenic acid (B₅) 130
   6.7 Pyridoxine (B₆) 130
   6.8 Biotin 131
   6.9 Cobalamin (B₁₂) 132
   6.10 Folate 133
### Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.11 Choline</td>
<td>137</td>
</tr>
<tr>
<td>6.12 Vitamin C</td>
<td>138</td>
</tr>
<tr>
<td>6.13 Vitamin D</td>
<td>140</td>
</tr>
<tr>
<td>6.14 Vitamin E</td>
<td>141</td>
</tr>
<tr>
<td>6.15 Vitamin K</td>
<td>142</td>
</tr>
<tr>
<td>6.16 Combined vitamin deficiencies</td>
<td>142</td>
</tr>
<tr>
<td>6.17 Supplements and pregnancy</td>
<td>143</td>
</tr>
<tr>
<td>6.18 Application in practice</td>
<td>143</td>
</tr>
<tr>
<td>6.19 Conclusion</td>
<td>144</td>
</tr>
<tr>
<td>7 Minerals and Pregnancy</td>
<td>149</td>
</tr>
<tr>
<td>7.1 Introduction</td>
<td>149</td>
</tr>
<tr>
<td>7.2 Macrominerals</td>
<td>150</td>
</tr>
<tr>
<td>7.3 Microminerals</td>
<td>153</td>
</tr>
<tr>
<td>7.4 Application in practice</td>
<td>162</td>
</tr>
<tr>
<td>7.5 Conclusion</td>
<td>162</td>
</tr>
<tr>
<td>8 Diet and Pregnancy Outcome</td>
<td>168</td>
</tr>
<tr>
<td>8.1 Introduction</td>
<td>168</td>
</tr>
<tr>
<td>8.2 What is a ‘healthy’ baby?</td>
<td>169</td>
</tr>
<tr>
<td>8.3 A note on Apgar scores</td>
<td>170</td>
</tr>
<tr>
<td>8.4 What is foetal growth restriction?</td>
<td>170</td>
</tr>
<tr>
<td>8.5 Poor pregnancy outcomes</td>
<td>170</td>
</tr>
<tr>
<td>8.6 Sensitive windows of pregnancy</td>
<td>171</td>
</tr>
<tr>
<td>8.7 Alcohol</td>
<td>172</td>
</tr>
<tr>
<td>8.8 Caffeine</td>
<td>174</td>
</tr>
<tr>
<td>8.9 Dietary mutagens</td>
<td>178</td>
</tr>
<tr>
<td>8.10 Pesticides</td>
<td>182</td>
</tr>
<tr>
<td>8.11 Hypospadias</td>
<td>182</td>
</tr>
<tr>
<td>8.12 Nutrigenomics</td>
<td>183</td>
</tr>
<tr>
<td>8.13 Foetal origins of adult disease</td>
<td>185</td>
</tr>
<tr>
<td>8.14 Supplements</td>
<td>187</td>
</tr>
<tr>
<td>8.15 Application in practice</td>
<td>190</td>
</tr>
<tr>
<td>8.16 Conclusion</td>
<td>190</td>
</tr>
<tr>
<td>9 Weight Gain in Pregnancy</td>
<td>195</td>
</tr>
<tr>
<td>9.1 Introduction</td>
<td>195</td>
</tr>
<tr>
<td>9.2 Body weight before pregnancy</td>
<td>196</td>
</tr>
<tr>
<td>9.3 Weight gain – how much and when?</td>
<td>198</td>
</tr>
<tr>
<td>9.4 Components of weight gain</td>
<td>199</td>
</tr>
<tr>
<td>9.5 Proportions of pregnancy weight gain</td>
<td>199</td>
</tr>
<tr>
<td>9.6 Measuring body composition in pregnancy</td>
<td>200</td>
</tr>
<tr>
<td>9.7 High pregnancy weight gain</td>
<td>203</td>
</tr>
<tr>
<td>9.8 Low pregnancy weight gain</td>
<td>207</td>
</tr>
<tr>
<td>9.9 Weight gain guidelines</td>
<td>209</td>
</tr>
<tr>
<td>9.10 Multiple foetuses</td>
<td>210</td>
</tr>
<tr>
<td>9.11 Weight retention</td>
<td>210</td>
</tr>
<tr>
<td>9.12 Weight loss interventions</td>
<td>211</td>
</tr>
<tr>
<td>9.13 What about physical activity?</td>
<td>211</td>
</tr>
<tr>
<td>9.14 A note on weight management</td>
<td>212</td>
</tr>
<tr>
<td>9.15 Application in practice</td>
<td>212</td>
</tr>
<tr>
<td>9.16 Conclusion</td>
<td>213</td>
</tr>
</tbody>
</table>
Contents

10 Special Cases 218
   10.1 Introduction 218
   10.2 Pregnant adolescents 219
   10.3 Advanced maternal age 223
   10.4 Multifoetal pregnancies 224
   10.5 Maternal obesity 227
   10.6 Diabetic mothers 228
   10.7 Phenylketonuria (PKU) in pregnancy 230
   10.8 Vegetarian mothers 231
   10.9 Alternative dietary practices 232
   10.10 Nutrition and culture 233
   10.11 Conclusion 234

11 Physiological and Hormonal Changes after Birth 241
   11.1 Introduction 241
   11.2 When is ‘postpartum’? 242
   11.3 Changes after birth 242
   11.4 Lactogenesis 247
   11.5 A note on colostrum 251
   11.6 What is transitional milk? 251
   11.7 Nutritional composition of milk 251
   11.8 Milk synthesis – use it or lose it 252
   11.9 Milk volume 253
   11.10 Breastfeeding as contraception 254
   11.11 Breast cancer risk 254
   11.12 Body weight after birth 254
   11.13 Breastfeeding and body weight 255
   11.14 Body composition changes 256
   11.15 Exercise and breastfeeding 256
   11.16 Weight loss interventions 257
   11.17 Conclusion 257

12 Nutrition after Birth 262
   12.1 Introduction 262
   12.2 Is breast best? 263
   12.3 What’s in breast milk? 264
   12.4 Breastfeeding – for how long? 264
   12.5 Who is breastfeeding? 266
   12.6 Infant feeding survey 267
   12.7 Why do women stop breastfeeding? 267
   12.8 Feeding and infant growth 269
   12.9 Dietary requirements after birth 269
   12.10 Vegetarian and vegan mothers 276
   12.11 Feeding multiples 276
   12.12 Allergy risk 276
   12.13 Postnatal depression 277
   12.14 Supplement use after birth 279
   12.15 Healthy eating from an early age 280
   12.16 Application in practice 280
   12.17 Conclusion 281