



NEWS FROM NUTRITION 2019

# New research on diet and supplements during pregnancy and beyond

June 14, 2019  
by ASN Staff



*Scientists announce findings on use of supplements and eating well when you're expecting*

This website uses cookies to improve your experience.

[Read More](#)

[Accept](#)

for Nutrition, will feature new research on prenatal vitamins, infant supplements and the impacts of a mother's diet during pregnancy and after the baby is born.

# Studies examine dosage and labeling of common supplements

## ***Many prenatal supplements contain too much folic acid***

Consuming folic acid prior to pregnancy helps prevent birth defects. But a new study found most prenatal supplements were labeled as containing more folic acid than the current recommended daily intake. The study also revealed different agencies and scientific bodies provide conflicting messaging around the optimal intake of folic acid (from supplements) and folate (from food) during pregnancy.

*Nancy Potischman, National Institutes of Health, will present this research on Sunday, June 9, from 1:45 – 2:45 p.m. in the Baltimore Convention Center, Halls A-B (poster #268) ([abstract](#)).*

## ***Prenatal vitamins often have nutrient content higher than labeled***

Chemical analysis of the contents of 24 prenatal multivitamins representing about 60 percent of the prenatal multivitamin products sold through U.S. pharmacies in 2015-2016 revealed that most contained greater quantities of vitamins and minerals than was declared on the label, perhaps to account for possible losses during storage. The greatest difference was seen for vitamin D, with supplements containing an average of 29 percent more vitamin D than was indicated on product labels. By offering a more accurate picture of supplements' contents, the findings can help scientists who study the impacts of nutrients on health outcomes, researchers say. *Karen W. Andrews, U.S. Department of Agriculture, will present this research on Sunday, June 9, from 4:45 – 5:00 p.m. in the Baltimore Convention Center, Room 317 ([abstract](#)).*



### **Vitamin D supplementation improves babies' growth**

Babies born with low stores of vitamin D can have problems with bone growth, and the American Academy of Pediatrics recommends children get at least 400 International Units of the vitamin each day. In a recent clinical trial, newborns with low vitamin D stores who were given a higher dosage (1,000 IU/day) of vitamin D supplementation more rapidly built up their stores and gained more lean body mass by six months of age compared to those given the standard of care (400 IU/day). Compared to a group of infants born with very good vitamin D stores, the babies receiving the 1,000 IU/day intervention appeared to have normal lean mass. *Maryam Razaghi, McGill University, will present this research on Monday, June 10, from 12:45 – 1:45 p.m. in the Baltimore Convention Center, Halls A-B (poster #301) ([abstract](#)).*

## **Join ASN!**

And get access to immersive learning experiences, collaboration, and networking with the

This website uses cookies to improve your experience.

# Insights on staying healthy when you're 'eating for two'

## *Evidence that eating well before pregnancy lowers risk of preeclampsia*

While scientists aren't sure what causes the dangerous pregnancy complication preeclampsia, or how to prevent it, a new study suggests diet plays a role. Among more than 20,000 pregnancies, researchers found women who followed a healthier diet before getting pregnant were significantly less likely to develop preeclampsia. Diet quality was assessed based on adherence to the American Heart Association dietary recommendations and the Dietary Approaches to Stop Hypertension (DASH) dietary pattern. *Mariel Arvizu, Harvard T.H. Chan School of Public Health, will present this research on Tuesday, June 11, from 11:45 a.m. – noon in the Baltimore Convention Center, Room 317 ([abstract](#)).*



This website uses cookies to improve your experience.

### **New insights on pregnancy and obesity**

Obesity before pregnancy increases the risk of some health problems for a pregnant woman and her baby, but current recommendations to minimize these risks do not differentiate between mild and severe obesity. A new study of more than 25,000 women found those with more severe obesity gained less weight during pregnancy, but had larger babies, than those with less severe obesity. These results suggest the risks and optimal management of obesity during pregnancy may vary depending on severity. This study also found only one in five obese women gained the recommended amount of weight during pregnancy while 60 percent gained excessive weight. Amy R. Nichols, *The University of Texas at Austin*, will present this research on Monday, June 10, from 12:45 – 1:45 p.m. in the Baltimore Convention Center, Halls A-B (poster #227) ([abstract](#)).

###

## **Exceptional Science & Inspiring Speakers**



**Get access to over 60 hours of the best science and latest clinical information at your convenience.**

[Learn More & Get Access](#)

This release may include updated numbers or data that differ from those in the abstract submitted to Nutrition 2019.

**This website uses cookies to improve your experience.**

scientific journal. As such, the findings presented should be considered preliminary until a peer-reviewed publication is available.



## About Nutrition 2019

Nutrition 2019 is the annual meeting of the American Society for Nutrition held June 8-11, 2019 at the Baltimore Convention Center. It is the national venue for more than 3,600 top researchers, practitioners and other professionals to announce exciting research findings and explore their implications for practice and policy. Scientific symposia address the latest advances in cellular and physiological nutrition and metabolism, clinical and translational nutrition, global and public health, population science, and food science and systems. <https://nutrition.org/N19> #Nutrition2019

## About the American Society for Nutrition (ASN)

ASN is the preeminent professional organization for nutrition research scientists and clinicians around

This website uses cookies to improve your experience.

nutrition. ASN publishes four peer-reviewed journals and provides education and professional development opportunities to advance nutrition research, practice and education. <https://nutrition.org>

Find more news briefs and tipsheets at:

<https://www.eurekalert.org/meetings/nutrition/2019/newsroom/.>

---



## ASN Staff

# Related Articles



**Jul 20, 2020**

## Strengthening Nutrition Research

As a global organization with more than 7,500 nutrition researcher members, opportunities to strengthen nutrition research are of utmost importance



**Aug 19, 2019**

Cookie policy | Privacy Policy | Accessibility Statement | Terms of Use | Site Map | Contact Us

This website uses cookies to improve your experience.

At the American Society for Nutrition's annual meeting, Nutrition 2019, a panel discussion was held to discuss the proposed National



**Jul 09, 2019**

## Nutrition 2019: A Student Experience

As a student member of ASN, I was able to attend the American Society for Nutrition's annual conference this year!

[About ASN](#)   [Publications](#)   [Meetings & Education](#)

[Advocacy and Science Policy](#)   [Foundation](#)   [ASN News](#)

## Subscribe to Our Newsletter

Enter email address

Subscribe

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

American Society for Nutrition  
9211 Corporate Boulevard, Suite 300  
Rockville, MD 20850

This website uses cookies to improve your experience.



© 2024 American Society for Nutrition. All Rights reserved. [Privacy Policy](#)

This website uses cookies to improve your experience.