This Morning's Dr Chris Steele warns mums could harm babies by eating too much FAT

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Dr Chris Steele has warned pregnant women against 'eating for two' after it was revealed eating too much fatty foods could damage their babies’ immune systems.

Researchers at Baylor College of Medicine, Texas, found babies of mothers who ate a lot of [fatty food had fewer bacteroides in their stomachs](http://www.express.co.uk/life-style/health/700067/pregnancy-warning-fat-food-damage-immune-system-research).

Those microbes can affect the development of immune systems and ability to extract energy from food.   
  
Dr Chris: “Eating fatty foods reduces the level of a certain group of bacteria called bacteroids.

"The main part of your immune system is in your gut.

"Pregnant women eating a lot of fats depress the levels of bacteroids in their babies intestines.

"Those microbes can affect the development of immune systems and ability to extract energy from food," the GP added.

Dr Chris also talked about recent study which found [pregnant women who take paracetamol increase the risk of behavioural problem](http://www.express.co.uk/life-style/health/700168/pregnant-woman-paracetamol-drug-babies-behaviour)s in children.   
  
The GP said: “They found that mums taking paracetamol increase the risk of behavioural problems in children.

"Yet again, be very careful what your take. This research has just made mums more aware.”

The study revealed taking the common painkiller after 18 weeks of pregnancy increased the risk their child would develop emotional problems and hyperactivity symptoms by the age of seven.

Up until now, the painkiller acetaminophen, more commonly known as the over-the-counter paracetamol, has been considered a safe option for pregnant mums.

Dr Chris and hosts Eamonn and Ruth also discussed the issue of period pain and the number of women who are forced to take time off work because of the condition.

Dr Chris Steele also talked about the worrying issue of a 'postcode lottery' when it comes to care available for sufferers of dementia.

This came after the best and worst performing areas for dementia prevention and care in England were revealed by the Department of Health's new 'dementia atlas' which shows regional disparities in the quality of support and diagnosis for patient.

Dr Chris said: "The dementia atlas lays bare the stark regional differences in quality of care. There are 850,000 with Alzheimer’s in the UK now."

This Morning’s [Dr Chris Steele has also issued a warning over potentially fatal Strep B infection](http://www.express.co.uk/life-style/health/690912/This-Morning-Dr-Chris-Steel-Strep-B-fatal-infection-pregnant).