

## Mother's diet during pregnancy and childhood obesity

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**O**besity has become an epidemic issue all around the world among children. Because of the spread the obesity around the world epidemically, it is important to investigate the causes of it. Several factors are associated with the increase in incidence of obesity in children. In this regard, studies have divided children's obesity risk factors into two categories: Predatory Risk Factors and Postpartum risk factors. Maternal weight before pregnancy, Weight gain during pregnancy, Gestational Diabetes, Diet during pregnancy, genetics and epigenetics are the Predatory Risk Factors, and birth weight, duration of breastfeeding or formula, timing start auxiliary food, dietary pattern, physical activity, socio economic statues and congenital defects are the Postpartum risk factors. Among these risk factors we investigated about mother's diet during pregnancy and childhood obesity. Studies showed that Mediterranean diet during pregnancy may have a protective effect against the risk of obesity in children. During the last two decades, numerous epidemiological surveys have shown that adherence to a traditional Mediterranean diet is negatively associated with overweight and obesity, however, and several intervention trials have indicated that the Mediterranean dietary pattern

helps to maintain or reduce body weight more effectively than other mixed diets do. Several food and nutrient items have been specifically identified as producing this effect, and the combination of these items makes the Mediterranean diet highly nutritious and protective of health. The Mediterranean dietary pattern encapsulates a beneficial fatty acid profile with high monounsaturated fatty acids content, a low proportion of carbohydrate, and high intake of dietary fiber and antioxidant compounds that work together to produce beneficial effects on health. The Mediterranean dietary pattern has been associated on an increased probability of fulfilling nutrient recommendations. Therefore, preserving the Mediterranean diet in pregnancy should be encouraged in health promotion strategies for protection of childhood obesity.

### Speaker Biography

Mehnoosh Samadi has completed her PhD at the age of 32 years from Ahvaz Jundishapur University of Medical Sciences. She is the assistant professor of nutritional science department in School of Nutritional Science and Food Technology of Kermanshah University of Medical Sciences, Kermanshah, Iran. She has published more than 10 papers in reputed journals and has been serving as an editorial board member of repute.

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