

## Pregnant women should avoid eating for two

Pregnant women should avoid 'eating for two' since too much weight gain is linked with complications at birth, according to a new study of 1,300 women.

Alison Stuebe, assistant professor of gynaecology at the Chapel Hill School of Medicine of the University of North Carolina (UNC), found that those who consumed extra calories as well as fried foods and dairy products were more likely gain as much as 35 pounds.

Stuebe found that eating an extra 500 calories daily increased the odds of gaining weight by 10 percent.

Gaining too much weight is linked with complications at birth, such as pre-eclampsia, a set of symptoms that indicate a basic disorder with the placenta, as well as higher odds that both mother and child will be obese later in life.

However, the study found that several eating habits reduced moms' risk of gaining too much. Women with vegetarian diets in early pregnancy were half as likely to gain an unhealthy amount of weight.

Researchers also found that consuming more monounsaturated fat, found in olive oil and nuts, was linked with a lower risk of excessive weight gain. Stuebe did the research while at Brigham and Women's Hospital in Boston, said an UNC release.

These results were published online in the American Journal of Obstetrics and Gynaecology.

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