

عنوان مقاله:

Effect of nutrition education on weight gain and macronutrients intake during pregnancy: a randomizedclinical trial

محل انتشار:

مجله دانشگاه علوم پزشکی شهرکرد, دوره 22, شماره 2 (سال: 1399)

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خلاصه مقاله:

Background and aims: The imbalance between energy intake and consumption has been recognized as an important factor contributingto the gestational weight gain (GWG). Additionally, the determination of the effect of macronutrient composition on GWG has beenrecommended by researchers. Therefore, we examined the effect of nutrition education on weight gain, energy, and energy-adjustedmacronutrients intake during three trimesters of pregnancy which have not been widely studied. Methods: This randomized single-blinded clinical trial was performed on 19Y primiparous pregnant women in Isfahan, Iran, from MayYol& to September YolF. Data were collected using a questionnaire completed through interviews with pregnant women and prenatalcare-related records. We developed an individualized calorie-appropriate diet for each participant at enrollment and then three F&-Forminute training sessions were held at F-10, 1A, and YF weeks of pregnancy and the subjects' weights were measured during these sessions. A consecutive Ψ -day food intake record at F-10, 1A and Ψ F- Ψ F weeks was obtained from two groups to determine the macronutrients. Moreover, physical activity scores were estimated before and after the intervention. Results: The mean weights at 1A, YF, and Fo weeks of gestation were significantly lower in the intervention group (P = 0.0YF, P = 0.0Fo, and $P = 0.01\Delta$, respectively). The total energy, energy-adjusted carbohydrate and protein intake at F-10, 1A, and Ψ F- Ψ F weeks of gestation were significantly lower in the intervention intake at F-10, 1A, and Ψ F- Ψ F weeks of gestation were significantly lower in the intervention group (P = 0.0YF, P = 0.0Fo, and $P = 0.01\Delta$, respectively). The total energy, energy-adjusted carbohydrate and protein intake at F-10, 1A, and Ψ F- Ψ F weeks of gestation were significantly lower in the intervention group (P = 0.0YF, P = 0.0Fo, and $P = 0.01\Delta$, respectively). The total energy energy-adjusted carbohydrate and protein intake at F-10, 1A, and Ψ F- Ψ F weeks of

intake decreased (P = 0.0Fm). Inaddition, the mean energy-adjusted dietary fiber intake was significantly higher in the intervention group (P = o.ool). Conclusion: In the present individualized calorie-appropriate trial, the mean weights decreased during three trimesters in the interventiongroup. Additionally, calorie, energy-adjusted carbohydrate and .protein intake did not change after intervention while energy-adjusted fatintake decreased

كلمات كليدى: Nutritional intervention, Pregnancy, Macronutrients, Weight gain, Clinical trial, Iran

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