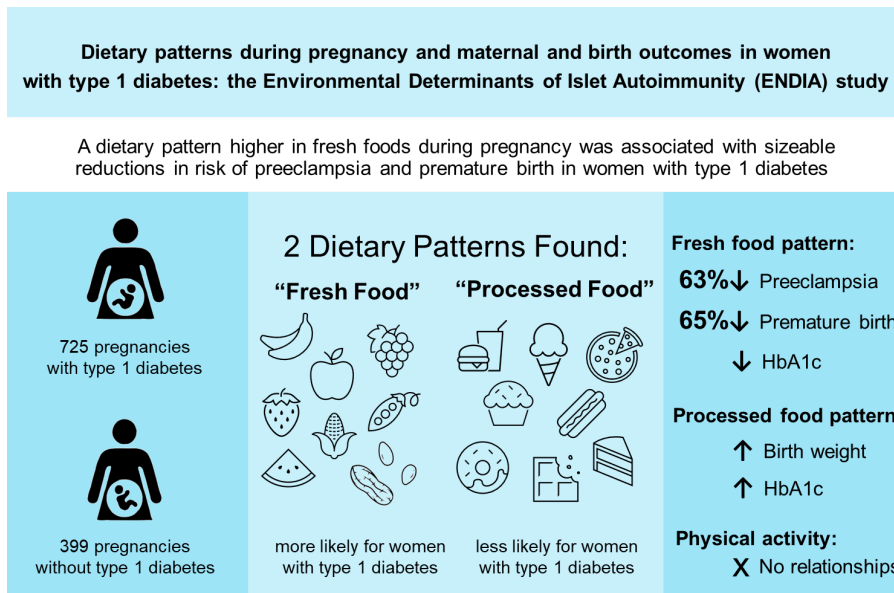


## Lay Summary – How does what you eat during pregnancy impact pregnancy and birth outcomes?

**Paper:** Dietary patterns during pregnancy and maternal and birth outcomes in women with type 1 diabetes: the Environmental Determinants of Islet Autoimmunity (ENDIA) study

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This paper investigates how dietary patterns and physical activity during pregnancy affect maternal complications and birth outcomes in women with type 1 diabetes, a group known to be at higher risk for pregnancy-related complications.

We analysed data from the diet and physical activity questionnaires completed during pregnancy from 973 ENDIA mothers (covering 1124 pregnancies). We looked at all the foods eaten and found two distinct dietary patterns: one higher in fresh foods, such as fruits, vegetables, and nuts; and another higher in processed foods, such as snacks, red and processed meat, pizza and refined grains.

We found that eating a ‘fresh food’ diet was related with significant reduction in the risk of both preeclampsia and premature birth among women with type 1 diabetes. We estimated that the risk of preeclampsia and premature birth reduced by 60% by changing the diet by eating 1 more serve of fruit, vegetables and lean meat,  $\frac{1}{3}$  more serve of dairy and grains, and a  $\frac{3}{4}$  less serve of discretionary items or junk food.

This study suggests that adopting a dietary pattern rich in fresh foods during pregnancy may play a crucial role in reducing the risk of preeclampsia and premature birth among women with type 1 diabetes. These findings underscore the importance of diet management as a potential strategy to improve pregnancy outcomes in this high-risk group.

Access the paper at: <https://rdcu.be/dTao>