



The role of diet during pregnancy against gestational diabetes mellitus (GDM) in a population with Mediterranean dietary habits

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Objectives

GDM is a common metabolic disorder among pregnant women. Dietary habits during pregnancy might alter the risk of GDM development, and populations following the Mediterranean diet are relatively understudied

Methods

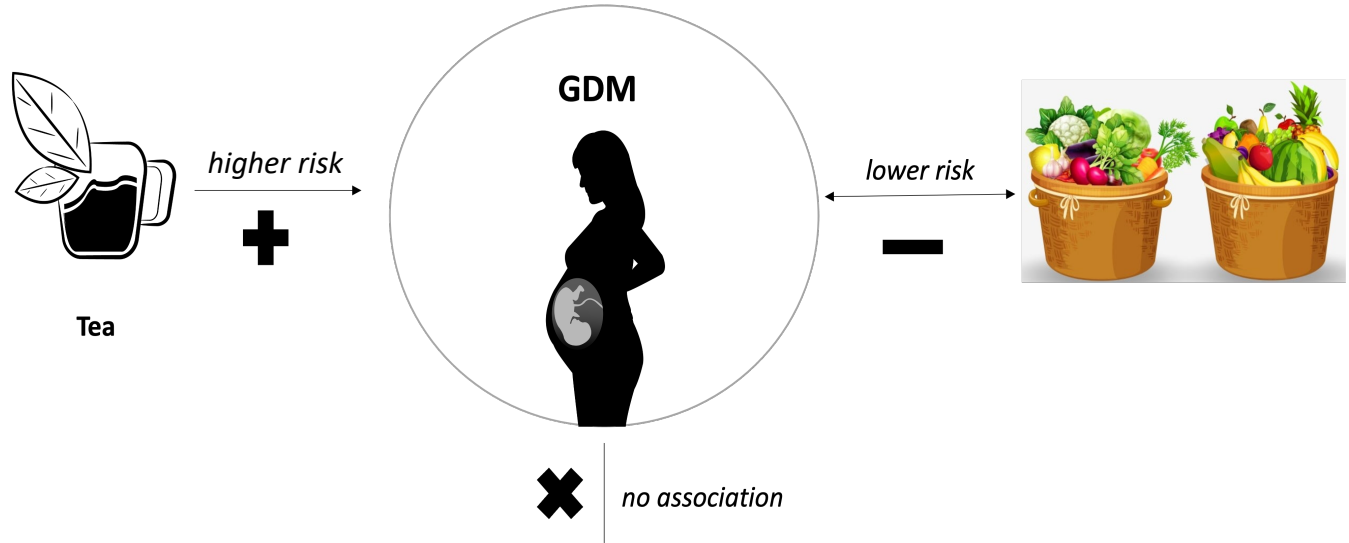
This was a cross-sectional, observational study of 193 low-risk women admitted to a private maternity hospital in Greece to give birth. Food frequency data on specific food categories, selected based on previous research, were analyzed. Logistic regression models, both crude and adjusted for maternal age, body mass index before pregnancy, and gestational weight gain, were fitted.

Results

We observed no association of carbohydrate-rich meals, sweets, soft drinks, coffee, rice, pasta, bread and crackers, potatoes, lentils, and juices with GDM diagnosis. Cereals (crude $p = 0.045$, adjusted $p = 0.095$) and fruits and vegetables (crude $p = 0.07$, adjusted $p = 0.04$) appeared to have a protective effect against GDM, while frequent tea consumption was linked to higher risk of GDM development (crude $p = 0.067$, adjusted $p = 0.035$).

Conclusions

These results underline the importance and potential impact of changing dietary habits even during pregnancy in adjusting one's risk of metabolic pregnancy complications, such as GDM. The importance of healthy dietary habits is highlighted, with the goal of raising awareness amongst obstetric care specialists regarding the provision of systematic nutrition recommendations to pregnant women.



rice, pasta, carbohydrate-rich meals, sweets, coffee, bread, crackers, juices, soft drinks, potatoes, lentils

