

AA (arachidonic acid), 19, 20, 76–7, 110	Agtr1b (angiotensin II receptor, type 1b gene), 188	angiotensin II receptor, type 1b gene (<i>Agtr1b</i>), 188
AAP (American Academy of	ALA (alpha-linolenic acid), 66, 134	animal studies
Pediatrics), 68, 77, 133	α-linolenic acid (LNA), 76–7	agouti viable yellow mouse, 184–5, 191, 192
Abrams, B., 151	ALL (acute lymphoblastic leukemia),	Axin1 ^{Fu} mouse, 185, 191-2
absorption iron, 131	157	cow and sheep IVF, 187 diet-associated hypomethylation in
mineral, during pregnancy, 29	allergies and breast-feeding, 66, 68	sheep, 183-4
acrodermatitis enteropathica, 26, 28	introduction of complementary	embryo culture, 186–7 maternal nutrient availability, 3
active transport, of minerals, 30	foods, 103 peanuts and other nuts, 133–4	transgenerational epigenetic modification, 191–2
activity, maternal, and birth size, 47-8	alpha-linolenic acid (ALA), 66, 134	antenatal estimates of fetal growth,
acupuncture, 140	alternative therapies, for HG, 140	34–5
acute lymphoblastic leukemia (ALL),	American Academy of Pediatrics	antibodies, in breast milk, 66
157	(AAP), 68, 77, 133	antiemetics, 139
adaptation to pregnancy changes in maternal physiology, 1–2	American Dietetic Association, 100	antihistamines, 139
early pregnancy, and placental and fetal growth, 3	American Society of Parenteral and Enteral Nutrition (ASPEN),	antioxidants, 54–5. See also specific antioxidants by name
endocrinology, 2 maternal nutrient availability, 3–4	141	antral follicle development, 168
maternal nutrition and fetal growth, 4 metabolic changes, 2–3 mineral requirements absorption, 29 excretion, 29 overview, 29 placental transfer, 30	amino acids abnormal delivery of to fetus with IUGR, 17 arginine, and pre-eclampsia, 55 fetal metabolism, 16–17 formulas based on, 97 neonate nutritional requirements, 76	appropriateness of fetal growth birthweight versus estimated fetal weights and statistically modelled trajectories, 37–8 importance of accurate data for gestational duration, 34–5 nonpathological determinants, 36–7
recommended daily intake, 30 utilization and redistribution of body stores, 29–30 overview, 1	placental and fetal metabolism, 12, 17–18 placental transport capacity, 7 placental transport from mother to	overview, 34 selecting standard of growth, 35–6 ways to measure, 38–9
adipokines, 5–6	fetus, 16 preterm infant requirements, 83–4	arachidonic acid (AA), 19, 20, 76–7, 110
adiponectin, 5–6	protein requirements during	arginine
adiposity, fetal, 18. See also fat	pregnancy, 15–16 transport across placenta, 7	and preeclampsia, 55 for preterm infants, 83–4
adjustable fortification of human milk,	anabolic hormones, 12. See also insulin	ART (assisted reproduction), 174. See
86–7	Anderson, A.S., 125	also egg and embryo quality
adolescent pregnancies. See teenage pregnancies	anemia. See iron	arterial blood pressure, during pregnancy, 1
agouti viable yellow (A^{vy}) mouse,	anencephaly, 28	AS (Angelman syndrome), 186
184–5, 191, 192	Angelman syndrome (AS), 186	ascorbic acid. See vitamin C

Index

ASPEN (American Society of	weight gain guidelines specific to,	postdischarge, 88
Parenteral and Enteral Nutrition), 141	151	Bunin, G. R., 157
assisted reproduction (ART), 174. See also egg and embryo quality	body stores mineral, in infants, 28–9 redistribution of during pregnancy,	B-vitamins in periconceptional diet, 174–5. See also specific B-vitamins by name
asthma, and breast-feeding, 111	29–30	BWS (Beckwith-Wiedemann
atopic diseases and breast-feeding, 66, 68	body weight, parental, 36. See also birth weight; weight	syndrome), 174, 186
introduction of complementary	Botto, L. D., 156	calcium
foods, 103 peanuts and other nuts, 133-4	Boyd Orr Cohort, 111	in breast milk, 28 importance during pregnancy, 24
Australian Breastfeeding Association,	BPA (bisphenol A), 185	mineral deficiencies, 26
76, 78	brain, impact of mineral deficiencies on, 29	neonate nutritional requirements,
aversions, 133	brain tumors, 157	placental transfer, 30 and preeclampsia, 40, 55–6
A^{vy} (agouti viable yellow) mouse, 184–5, 191, 192	breast cancer, and breast-feeding	preterm infant requirements, 84–5 supplementation during multiple
AXIN1 methylation, variation in human, 185	in child, 111 in mother, 112–13	pregnancy, 150 transport across placenta, 7
Axin1 ^{Fu} mouse, 185, 191–2	breast milk. See human milk	utilization and stores of during pregnancy, 30
Beckwith-Wiedemann syndrome (BWS), 174, 186	breast-feeding benefits for child asthma, 111	vegetarian and vegan pregnant women, 132
best growth, of neonates, 73. See also	breast cancer, 111 cardiovascular disease, 111	calcium signalling, 171–2
individualized fetal growth	cognition, 110–11	calcium soaps, 84
curves	immune function, 108-9	California Birth Defects Monitoring
birth defects. See also specific defects by name	overweight and obesity, 109–10 type I diabetes, 111–12	Program, 159 Callins, K. R., 123
and mineral deficiencies, 28	type II diabetes, 112 benefits for mother	cancers
and vitamin A, 158	breast cancer, 112-13	breast, and breast-feeding
birth weight. See also fetal growth; low birth weight; maternal diet	cardiovascular disease, 114–15 diabetes, 114	in child, 111 in mother, 112–13
and hyperemesis gravidarum, 141	postpartum weight loss, 113–14	folate and, 160
maternal nutrition and, 29	versus formula-feeding, 66-7, 92,	pediatric, 156–7
metabolic programming, 73 multiple pregnancy, 151–2	99–100 milk production and composition,	carbohydrates
teenage pregnancies, 122	63–5	in cow's milk-based formulas, 95 multiple pregnancy, 148-9
vegetarian/vegan pregnancies, 130	and mineral deficiencies, 28	neonate nutritional requirements,
birth weight ratio, 39	nutritional requirements beyond 6 months of age, 78–9	77
bisphenol A (BPA), 185	carbohydrate, 77	vegetarian/vegan pregnancies, 131 CARDIA (Coronary Artery Risk and
blood pressure	fat and fatty acids, 76–7 fluids, 77	Development in Young Adults
impact of breast-feeding on adult,	micronutrients, 77–8	Study), 114
lactation and, 114	overview, 72	cardiac output, during pregnancy, 1
during pregnancy, 1	protein, 76 6 months debate regarding energy	cardiovascular disease, and
blood volume, increase in during	requirements, 75-6	breast-feeding in child, 111
pregnancy, 1	targets for, 73-5	•
		in mother, 114–15
body fat. See also fat	overview, 106–8	
body fat. See also fat fetal, 18 preterm infant, 83		in mother, 114–15 cardiovascular system, changes in maternal, 1

nutritional requirements, 86

teenage pregnancies, 122



Carter, J. P., 58	copper	Chinese herbal medicine, 56
case-control studies, 106	excretion during pregnancy, 29 importance during pregnancy, 24	fish oil, 56 folic acid, 56
casein, 64, 93	mineral deficiencies, 28	garlic, 56
catch-up growth, 73	placental transfer, 30	iron, 57
cell differentiation, 181–2	teenage pregnancies, 123	Japanese herbal medicine, 57 magnesium, 57
Centers for Disease Control and Prevention (CDC) BMI percentiles, 122 breast-feeding, 106 growth references, 99–100	Coronary Artery Risk and Development in Young Adults Study (CARDIA), 114 corticosteroids, for HG, 139–40 cow in vitro fertilization, 187	multiple micronutrient supplementations, 57 overview, 53–4 salt intake, 57 zinc, 58
· ·	,	Department of Health Services, 106
CESDI (Confidential Enquiry into Stillbirths and Deaths in Infancy), 53	cow's milk fatty acids in, 102 as formula replacement, 97 formulas based on, 93–95	developing world breast-feeding and immune
CHDs (congenital heart defects), 156	versus human milk, 106	function in, 109 maternal diets in
cheeses, 134	teenage pregnancies, consumption	macronutrients, 47-8
Chinese herbal medicine, 56	during, 124	maternal undernutrition before
chloride-deficient formulas, 97	CpGs (cytosine guanine dinucleotides), 181	conception, 45–7 micronutrients, 48–50
cholesterol infant requirements, 65 low-density lipoprotein, 19	CPT1 (carnitine palmitoyl transferase 1), 20	overview, 44 prevalence of LBW in, 45 reappraisal of maternal
clefts, 155-6	cravings, 133	interventions, 50
cobalamin. See vitamin B ₁₂	Cropley, J. E., 192	teenage pregnancies in, 120 use of formula in, 100
Cochrane reviews antioxidants and preeclampsia, 40, 54	Crowther, C. A., 57 cultural beliefs and practices, and undernutrition, 47	developmental legacy of calcium signalling, 171-2
calcium and preeclampsia, 55-6	culture, embryo	DHA (docosahexaenoic acid) cognition and, 110
cognition, and breast-feeding, 110-11	epigenetic aberrations after animal,	fetal accumulation of, 20
cohort studies, 106	186-7 preimplantation development,	infant requirements, 66, 76–7
colostrum, 63	173-4	maternal needs during lactation, 68
Committee on Toxicity, UK, 134	cycloheximide-activated embryos, 171	transfer by placenta, 19 vegetarian and vegan pregnant
compaction, 173	cytokines, 172	women, 134–5
complementary feeding, 100–3. See also weaning	cytosine guanine dinucleotides	diabetes mellitus
conception, maternal undernutrition before, 45–7	(CpGs), 181 Czeizel, A. E., 155, 156	environmental effects during embryogenesis, 187–8 maternal, and breast-feeding, 114
Confidential Enquiry into Stillbirths and Deaths in Infancy	daily intake, of minerals, 25–6,	type I, 111-12 type II, 15, 112, 114
(CESDI), 53	dairy products, 134	diarrhea, and breast-feeding, 108-9
conflict theory of imprinting evolution, 189	Daly, S., 160	diet, maternal. See maternal diet
congenital heart defects (CHDs), 156	DBM (donor breast milk), 87	diet-associated hypomethylation in sheep, 183–4
congenital malformations, and vitamin A, 158	deficiencies, nutritional effects of, 27–9	diet-induced hypermethylation in agouti ^{vy} mouse, 184–5
Consumer Attitudes Survey 2007, UK Food Standards Agency, 125–6	extent of, 25–7 overview, 25 and preeclampsia	Dietary Guidelines for Americans 2005, 130
continuum theory, preeclampsia, 53	antioxidants, 54-5	dietary manipulations, and
cooking skills program, 125	arginine, 55 calcium, 55–6	epigenetics, 180

differentiation, cell, 181–2 diseases. See also specific diseases by	EFAs. See essential fatty acids; long-chain polyunsaturated	environmental effects, and epigenetics animal aberrations, 186–7
name and mineral deficiencies, 27	fatty acids EFNEP (Expanded Food and Nutrition	during embryogenesis, 187–9 on human IVF, 186
and neonate nutritional requirements, 73	Education Program), 124-5	overview, 180 enzymes, antioxidant, 54
DNA methylation. See also epigenetics	egg and embryo quality fertilization, 171–2	epigenetics. See also egg and embryo
B-vitamins in periconceptional diet, 174–5	ovarian folliculogenesis and oocyte maturation, 167–71	quality of early embryo
epigenetic variation in human <i>AXIN1</i> , 185	overview, 167 preimplantation development,	aberrations after animal culture, 186–7
and histone modification, 182 hypermethylation in agouti ^{vy}	172-5	changes restricted to subset of genes, 185
mouse, 184–5 hypomethylation in sheep, 183–4	11-βHSD enzyme, 4 Elster, A. D., 152	cow and sheep IVF, 187 diet-associated hypomethylation
maternal nutrition and, 4 overview, 181–2	embryo, epigenetics of early. See also	in sheep, 183–4 diet-induced hypermethylation in
transcriptional activity and, 167–8,	egg and embryo quality aberrations after animal culture,	agouti ^{vy} mouse, 184–5 environmental effect on human
docosahexaenoic acid. See DHA	186-7 changes restricted to subset of genes,	IVF, 186 neural tube defects, 185
donor breast milk (DBM), 87	185 cow and sheep IVF, 187	variation in human AXIN1
Doyle, W., 125	diet-associated hypomethylation in	methylation, 185
D-penicillamine, 27	sheep, 183–4 diet-induced hypermethylation in	zygote, 183 embryogenesis, environmental
drugs. See also specific drugs by name	agouti ^{vy} mouse, 184–5	effects during, 187–9
for hyperemesis gravidarum, 139–40	environmental effect on human IVF, 186	during germ cell development, 189–90
and mineral deficiencies, 26-7	neural tube defects, 185	growth of placenta and transport capacity, 12
and vitamin deficiency, 157 Dudley, N., 38	variation in human <i>AXIN1</i> methylation, 185	maternal nutrition and fetal growth,
Dupont, C., 76	zygote, 183	4
=	embryogenesis, environmental effects	modifications cycles of, 182–3
duration of gestation (GA) growth charts, 37–8	during, 187–9	DNA methylation, 181–2
importance of accurate data for,	Emmett, P. M., 77	histone, 182 overview, 180–1
34–5 nonpathological determinants of	endocrinology, of pregnancy, 2	transgenerational modification,
fetal growth, 36	endometrial glands, 3	190–2
overview, 34	endothelial dysfunction, 53	ESPGHAN Committee on Nutrition, 79
duration of lactation and breast cancer risk, 112–13	energy cost of lactation, 67	essential fatty acids (EFAs). See also
and diabetes, 114	energy density, of milk, 64	long-chain polyunsaturated
and postnatal weight loss, 113–14	energy requirements infant, 65–6	fatty acids fetal accumulation of, 20
Dutch famine, 3, 39	during lactation, 67–8	maternal diet and supply of, 19–20
early nutrition, preterm infant, 88–9	macronutrient needs in developing countries, 47	metabolism and transfer by placenta, 19
early pregnancy as determinant of placental and fetal	for preterm infants, 83, 84	multiple pregnancy, 150–1
growth, 3–4	6 months debate regarding, 75–6	estrogen, 2
nutrition during and birth weight, 48	vegetarian and vegan pregnant	ethnicity, and fetal growth, 36–7
weight gain during, for multiple	women, 130–1 enteral nutrition	exaggerated inflammatory response, 53
pregnancy, 151–2	for preterm infants, 86–7	exclusive breast-feeding, 107. See also breast-feeding
economic consequences, of HG, 139	as therapy for hyperemesis	excretion, mineral, during pregnancy,
education, maternal, 47	gravidarum, 141–2	29



exercise, and preeclampsia, 58	nonpathological determinants of,	food safety advice, 134
Expanded Food and Nutrition Education Program (EFNEP), 124–5	36-7 overview, 34 selecting standard of, 35-6	Food Standards Agency, 125–6, 133, 134 food vouchers, WIC, 124
EARR (6 (4 11 4) 10	ways to measure, 38–9 mechanisms linking maternal	food-based maternal interventions, 50
FABPs (fatty acid binding proteins), 19	nutrition and, 4	formula feeding
famine, Dutch, 3, 39 FAO (fatty acid oxidation), in fetus, 20	metabolic programming, 73 nutrient supplementation and, 40–1	versus breast-feeding, 66-7, 109
·	overview, 41 role of maternal nutrition in, 39–40	complementary feeding, 100–3 composition of formulas, 93–7
farming activities, and birth size, 47–8	•	fatty acids in infants receiving, 84
fat in cow's milk-based formulas, 95	fetal programming, 29 fetometry, ultrasound, 34	growth of infants, 99–100 history of formulas, 92–3
fetal body, 18 infant requirements, 65–6, 76–7 in milk, 64–5 preterm infant body, 83 preterm infant requirements, 84	fetus. See also fetal growth; mineral requirements; placenta accumulation of essential fatty acids, 20 amino acid metabolism, 16–17	overview, 92 postdischarge formulas, 88, 89 preterm infant formulas, 87, 88, 89 regulation of formulas, 97–9 term formulas for preterm infants, 87, 88
fatty acid binding proteins (FABPs), 19	fatty acid oxidation in, 20	fortified human milk, 86–7
fatty acid oxidation (FAO), in fetus, 20	glucose production by, 14 glucose utilization by, 13–14	free fatty acids (FFAs), 18
fatty acids. See also essential fatty acids	insulin secretion, 14	free radical scavengers, 54
complementary feeding, 101–3 in cow's milk-based formulas, 95	lipid metabolism, 20 lipid supply, 18	free radicals, 57
early pregnancy, 3 infant requirements, 66, 76–7	outcome of mineral deficiencies, 28 vascular development in, 4	GA. See duration of gestation
during lactation, 68	FFAs (free fatty acids), 18	gametogenesis, 189
in milk, 65	fiber intake, vegetarian/vegan, 131	garlic, and preeclampsia, 56
multiple pregnancy requirements, 150-1	fish oil	Garza, C., 73
placental and fetal metabolism, 12 placental lipid metabolism and fetal lipid supply, 18	and preeclampsia, 56 vegetarian and vegan pregnant women, 134–5	gastrointestinal infections, and breast-feeding, 108
placental uptake, synthesis, and	flora, intestinal, and breast milk, 66	gastrostomy tubes, 142
metabolism of, 18–19	fluids	gender bias, 46–7
preterm infant requirements, 84 from soya, 134	during lactation, 67	gene promoters, 181
transport across placenta, 7	neonate nutritional requirements,	gene silencing, 181
vegetarian and vegan pregnant women, 134–5	77 folate	genes, imprinted, 12, 169, 174, 181,
FDA (Food and Drug Administration), 97	childhood insulin resistance and, 188	189–90. See also epigenetics genetic disorders of dietary
ferritin levels, serum, 149–50	methyl deficiency, 183–4 neural tube defects and, 28, 155	deficiencies, 26, 28
fertilization, 171–2	and preeclampsia, 56 supplementation during pregnancy,	genetic factors, and vitamin deficiency, 157
fetal growth. See also placenta macronutrients	40, 50, 159–60 teenage pregnancies, 123	genetic predisposition toward preeclampsia, 59
amino acids, 15-18	vegetarian and vegan pregnant	genistein, 185
glucose, 12–15 lipids, 18–20	women, 131–2	Gerber Products Company, 100
overview, 12	folate antagonists, 160	germ cell development, altered
measuring appropriateness of	folliculogenesis, ovarian, 167-71	epigenetics during, 189–90
birth weight versus estimated fetal weights and statistically	follow-up formulas, 97 Fomon, S. J., 92	gestation, undernutrition during periods of, 47
modelled trajectories, 37–8 importance of accurate data for gestational duration, 34–5	Food and Drug Administration (FDA), 97	gestational duration. See duration of gestation

gestational hypertension. See preeclampsia	hCS (human chorionic somatomammotropin), 4–5	hyperhomocysteinemia, 56, 160–1
GH (growth hormone), placental, 4–5	Hct (hematocrit), 149–50	hypermethylation, diet-induced, 184–5
ghrelin, 3	healthy growth, of neonates, 73	hyperpyloric stenosis, 156
ginger, for HG, 140	Hediger, M. L., 149–50	hypertension. <i>See also</i> preeclampsia environmental effects during
glucocorticoid receptor gene (<i>GR</i>), 188	HELLP syndrome, 55	embryogenesis, 188
glucocorticoids, maternal, 4	hematocrit (Hct), 149–50	lactation and, 114
_	hemoglobin (Hgb), 149–50	hypoglycemia, fetal, 14–15
gluconeogenesis, 14	herbal medicine	hypomethylation, diet-associated,
glucose fetal insulin secretion, 14	Chinese, 56	183-4
fetal production, 14	Japanese, 57	ICSI (intracytoplasmic sperm
fetal utilization, 13–14 intrauterine growth restriction,	HG. See hyperemesis gravidarum	injection), 172
14–15	Hgb (hemoglobin), 149-50	IGF-1 (insulin-like growth factor 1), 4,
placental and fetal metabolism, 12	histone modifications, 181, 182	6, 16–17
placental transport and metabolism, 12–13	HIV (human immunodeficiency	IGF-2 (insulin-like growth factor 2), 6
placental transport capacity, 7	virus), 157	<i>Igf</i> 2 gene, 12, 189–90
transport across placenta, 7	HMF (human milk fortifier), 86–7	IGFBP (insulin-like growth factor binding proteins), 6
glucose transport protein isoform 1	homocysteine, 56, 160-1	illness
(GLUT1), 12–13	Howie, L. A., 122	and mineral deficiencies, 27
glucose transport protein isoform 3 (GLUT3), 12	human AXIN1 methylation, variation in, 185	and neonate nutritional requirements, 73
glycemic control, maternal, 4	human chorionic gonadotropin	immune function, and breast-feeding,
glycogen, 14	(hCG), 2	66, 108–9
GM-CSF (granulocyte-macrophage	human chorionic somatomammotropin (hCS),	immunoglobulins, 108
colony-stimulating factor), 172	4–5	imperforate anus, 156
Goodwin, T. M., 138	human immunodeficiency virus	imprinted genes, 12, 169, 174, 181,
GR (glucocorticoid receptor gene), 188	(HIV), 157	189–90. <i>See also</i> epigenetics
grandparental food supply, 190	human milk. See also breast-feeding;	in vitro fertilization (IVF) animal, 186–7
granulocyte-macrophage colony-stimulating factor	cow's milk; formula feeding; lactation	human, 186
(GM-CSF), 172	and mineral deficiencies, 28	in vitro maturation (IVM), 169
Groth, S. G., 122	as model for formula composition, 93	individualized birth weight ratio, 39
growth. See also fetal growth; infant	prepartum, 63	individualized fetal growth curves
growth	preterm infants	measuring appropriateness of
catch-up, 73 placental, impact of imprinted genes	early nutrition and later health, 88–9	growth birth weight versus estimated
on, 189–90	enteral nutrition for, 86-7	fetal weights and statistically
growth charts, 37-8, 73	production and composition, 63-5	modelled trajectories, 37–8
growth factors, placental, 6	human milk fortifier (HMF), 86-7	importance of accurate data for gestational duration, 34–5
growth hormone (GH), placental, 4-5	humanized milk fortifier, 87	nonpathological determinants of,
growth potential, parental, 36	Hunt, D. J., 123–4	36–7 overview, 34
Gunnarsson, B. S., 78	hydrocortisone, 140	selecting standard of, 35–6
H. 6 T. 160	hydrolyzed formulas, 95-7	ways to measure, 38–9
Haaf, T., 169	hyperemesis gravidarum (HG)	nutrient supplementation, 40–1 overview, 41
hem iron, 26, 149	and nutrition, 141–3 overview, 138–9	role of maternal nutrition, 39–40
hCG (human chorionic gonadotropin), 2	treatment of, 139	Infant Formula Act of 1980, 97-9

infant growth. See also neonatal nutrition	involution after lactation, 113	infant nutritional requirements,
formula-fed infants, 99–100 macronutrients for breast-fed versus formula-fed infants, 66–7 human milk production and	iodine importance during pregnancy, 24–5 mineral deficiencies, 26, 29 vegetarian and vegan pregnant women, 132	65-6 mammary growth, 63 maternal malnutrition and restrictions, 69 maternal needs, 67-8 supplementation during, 158
composition, 63–5 infant nutritional requirements,	IOM (Institute of Medicine) BMI cutoffs, 122	lactoferrin, 108
65-6	iron	lactogenesis, 63
mammary growth, 63 maternal malnutrition and restrictions, 69 maternal needs, 67–8	absorption during pregnancy, 29 in breast milk, 29 complementary feeding, 100–1	lacto-ovo vegetarians (LOVs). See vegetarian/vegan pregnant women
infants. See breast-feeding; formula	and folate, 28 importance during pregnancy, 25	lactose, 64, 77
feeding; infant growth; neonatal nutrition; preterm	mineral deficiencies, 26, 27–8, 29 multiple pregnancy, 149–50	large offspring syndrome (LOS), 174, 187
infants; weaning infections, breast-feeding and, 108–9	neonate nutritional requirements, 78	last normal menstrual period (LNMP) method, 34
inflammatory response, exaggerated,	and preeclampsia, 57	Lawlor, D. A., 119
53	preterm infant requirements, 85 stores of during pregnancy, 29–30	LBW. See low birth weight; maternal
Institute of Medicine (IOM) BMI	supplementation during pregnancy, 40, 50	diet
cutoffs, 122 insulin	teenage pregnancies, 123	LCPUFAs. See long-chain polyunsaturated fatty acids
and egg quality, 169	vegetarian and vegan pregnant women, 131	lean body weight, parental, 36
fetal amino acid metabolism, 16–17 fetal glucose utilization and, 13–14	IUGR. See intrauterine growth	Leeda, M., 56
fetal secretion, 14	restriction	leptin, 4, 6, 122
maternal nutrition and fetal growth,	IVF. See in vitro fertilization	leucine, 17
metabolic changes during	IVM (in vitro maturation), 169	levomepromazine, 139
pregnancy, 2–3 sensitivity to, and intrauterine	Japanese herbal medicine, 57	lifestyle factors, and preeclampsia, 58
growth restriction, 14-15	jejunal feeding, 142	limb defects, 156
insulin resistance, 187–8		linoleic acid (LA), 66, 76-7
insulin-like growth factor 1 (IGF-1), 4,	Kampo medicines, 57	linolenic acid, 19
6, 16–17	keto acids, 18	lipids
insulin-like growth factor 2 (IGF-2), 6	kidneys	essential fatty acid metabolism and
insulin-like growth factor binding proteins (IGFBP), 6	adaptation to pregnancy, 2 epigenetic modification and, 188	transfer by placenta, 19 fatty acid oxidation in fetus, 20 fetal accumulation of essential fatty
intercourse, 172	kinship theory of imprinting evolution, 189	acids, 20
International Society for the Study of Hypertension in Pregnancy, 53	Korean Women's Health study, 114	fetal lipid metabolism, 20 fetal lipid supply, 18
intestinal flora, and breast milk, 66	LA (linoleic acid), 66, 76–7	infant requirements, 65-6 maternal diet and essential fatty acid
intracytoplasmic sperm injection	La Leche League, 109	supply, 19–20 in milk, 64–5
(ICSI), 172 intrauterine growth restriction (IUGR)	labels, infant formula, 99	placental lipid metabolism, 18, 20
abnormal delivery of amino acids to fetus with, 17	lactation. See also breast-feeding daily intake of minerals during, 30	placental transport capacity, 7 placental uptake, synthesis, and
epigenetic modification and, 187 overview, 14–15	macronutrients for breastfed versus formula-fed	metabolism of fatty acids, 18–19
introduction of complementary foods,	infants, 66–7	lipolysis, 18
103. See also weaning	human milk production and composition, 63–5	lipoprotein cholesterol, low-density, 19

lipoprotein lipase activity, 18	infant nutritional requirements,	and embryo quality, 174
listeria, 134	65–6 mammary growth, 63	and essential fatty acid supply, 19–20
literacy, maternal, 47	maternal malnutrition and	manipulations to, and epigenetics,
LNA (α-linolenic acid), 76–7	restrictions, 69 maternal needs, 67–8	180 multiple pregnancy, 148–49
LNMP (last normal menstrual period) method, 34	maternal diets in developing world, 47–8	and preeclampsia, 58, 59
	pregnancy and feto-placental	maternal nutrition. See mother
long-chain polyunsaturated fatty acids (LCPUFAs)	growth	Maternity Alliance, 125-6
atopic diseases and, 66	amino acids, 15–18	MBD (metabolic bone disease), 85
complementary feeding, 102-3	glucose, 12–15 lipids, 18–20	MBM (maternal breast milk). See
in cow's milk-based formulas, 95 fetal accumulation of, 20	overview, 12	breast-feeding; human milk;
in human milk, 65	role of maternal nutrition in fetal	lactation
infant requirements, 66, 76–7	growth, 39–40 vegetarian and vegan pregnant	McCance, R. A., 47
during lactation, 68	women, 130–1	medical risks of teenage pregnancies,
maternal diet and supply of, 19–20 metabolism and transfer by	magnesium	120
placenta, 19	importance during pregnancy, 25	medications. See also specific medications by name
multiple pregnancy, 150-1	mineral deficiencies, 27	for hyperemesis gravidarum,
preterm infant requirements, 84	and preeclampsia, 57 supplementation during multiple	139–140
reactive oxygen species production, 171–2	pregnancy, 150	and mineral deficiencies, 26–7
from soya, 134	utilization and stores of during	and vitamin deficiency, 157
vegetarian and vegan pregnant	pregnancy, 29–30	Menkes syndrome, 26, 28
women, 134–5	Maia, P. A., 123	metabolic bone disease (MBD), 85
LOS (large offspring syndrome), 174, 187	Makrides, M., 57	metabolic programming, 73
	malformations, and vitamin A, 158.	metabolic syndrome, 187–8
LOVs (lacto-ovo vegetarians). See vegetarian/vegan pregnant	See also specific malformations by name	metabolism
women	,	carbohydrate, and multiple pregnancy, 148–9
low birth weight (LBW). See also See	malnutrition. <i>See also</i> maternal diet and hyperemesis gravidarum, 141–3	changes in gestation, 2–3
maternal diet		essential fatty acid, and transfer by
in developing world, 44, 45	and lactation, 69	placenta, 19 fetal
teenage pregnancies, 122	maternal, before conception, 45–7	amino acid, 16–18
low-density lipoprotein cholesterol, 19	malonyl-CoA, 20	lipid, 20
lower respiratory tract infections	mammalian target of rapamycin	nutrient substrates for, 12 placental
(LRTI), 108–9, 111	(mTOR), 3, 8, 17	amino acid, 17–18
Lubchenco, L. O., 35, 38	mammary growth, 63	fatty acid, 18–19
Lucas, A., 88	mastitis, 75	glucose, 12–13 lipid, 18
Luke, B., 149-50	maternal breast milk (MBM). See	nutrient substrates for, 12
lysines, methylation of, 182	breast-feeding; human milk; lactation	methionine, 95, 159, 183-4
macrobiotic diets, 130. See also	maternal diet	methyl deficiency, 183-4
vegetarian/vegan pregnant women	in developing world macronutrients, 47–8 maternal undernutrition before	methylation. See DNA methylation; epigenetics
macronutrients. See also specific	conception, 45–7	methylprednisolone, 140
macronutrients by name	micronutrients, 48-50	metoclopramide, 139
for lactation and infant growth breast-fed versus formula-fed	overview, 44	MI (myocardial infarction), 114
infants, 66–7	prevalence of LBW in, 45 reappraisal of maternal	mice
human milk production and	interventions, 50	agouti viable yellow, 184-5, 191, 19
composition, 63-5	and egg quality, 169–70	$Axin1^{Fu}$, 185, 191–2



Michalek, A. M., 157	morbidity, LBW-related, 45	n-6 fatty acids, 65. See also long-chain
micronutrients. See also specific	mortality	polyunsaturated fatty acids
micronutrients by name depletion of, and teenage pregnancy	LBW-related, 45	nasogastric enteral nutrition, 141–2
outcome, 123	preeclampsia, 53	nasojejunal feeding, 142
maternal diets in developing world, 48–50 multiple supplementations, and	mother. See also adaptation to pregnancy; lactation; maternal diet; mineral requirements;	National Diet and Nutrition Survey (NDNS) of Young People aged 4 to 18 years, 121
preeclampsia, 57 neonate nutritional requirements, 77-8	multiple pregnancy; vegetarian/vegan pregnant women	National Institute for Health and Clinical Excellence (NICE), 129–30
reappraisal of maternal interventions, 50 role of maternal nutrition in fetal	benefits of breast-feeding breast cancer, 112–13 cardiovascular disease, 114–15	neonatal estimates of fetal growth, 34–5
growth, 40	diabetes, 114	neonatal nutrition. See also
milk, human. See also breast-feeding; cow's milk; formula feeding; lactation fortified, 86–7	postpartum weight loss, 113–14 nonpathological determinants of fetal growth, 36 nutrition of, and fetal growth, 4,	breast-feeding; formula feeding beyond 6 months of age, 78–9 carbohydrate, 77 fat and fatty acids, 76–7
and mineral deficiencies, 28 as model for formula composition, 93	39–40 placental lipid metabolism and fetal lipid supply, 18	fluids, 77 micronutrients, 77–8 overview, 28–9, 72
prepartum, 63 preterm infants early nutrition and later health,	placental uptake, synthesis, and metabolism of fatty acids, 18–19 resources, and gene imprinting,	protein, 76 6 months debate regarding energy requirements, 75–6 targets for, 73–5
88–9 enteral nutrition for, 86–7 production and composition, 63–5	189–90 well-being of, and mineral deficiencies, 27–8	neural tube defects (NTDs) epigenetics of early embryo, 185 folate in decreased risk of, 159–60
Milman, N., 40	mTOR (mammalian target of	and mineral deficiencies, 28
Milunsky, A., 155	rapamycin), 3, 8, 17	supplementation and prevention of,
mineral absorption, and cow's milk-based formulas, 95	Multicenter Growth Reference Study, WHO, 99–100	155 neuroblastoma, 157, 160
mineral content of soy-based formulas, 95	multimineral supplementation. <i>See</i> supplementation	NHS (Nurses' Health Study), 111, 112, 114
mineral requirements. See also See supplementation	multiple pregnancy calcium supplementation, 150	NHS II (Nurses' Health Study II), 109–10, 111, 113, 114
adaptations during pregnancy and lactation	carbohydrate metabolism, 148–9	niacin (vitamin B ₃), 159
absorption, 29 excretion, 29	essential fatty acid requirements, 150-1	NICE (National Institute for Health and Clinical Excellence),
overview, 29 placental transfer, 30	and fetal growth, 37 iron status, 149–50	129–30 Nichan J. 125
recommended daily intake, 30	key clinical points, 152	Nielson, J., 125
utilization and redistribution of body stores, 29–30	magnesium supplementation, 150 maternal weight gain, 151–2	nitrogen nonprotein, 64
deficiencies effects of, 27–9	multivitamin and multimineral supplementation, 150	requirements during pregnancy, 15–16
extent of, 25–7	overview, 147	non-hem iron, 26, 149
overview, 25 overview, 24	zinc supplementation, 150	nonprotein nitrogen, 64, 76
for pregnancy, 24–5	multivitamin supplementation. See supplementation	NTDs. See neural tube defects
minimal enteral feeding, for preterm	••	nucleosomes, 182
infants, 86 mirtazapine, 139	myocardial infarction (MI), 114	Nurses' Health Study (NHS), 111, 112, 114
miscarriage, and mineral deficiencies,	n-3 fatty acids, 65, 66. See also long-chain polyunsaturated	Nurses' Health Study II (NHS II),
27	fatty acids	109–10, 111, 113, 114

nutrients. See also macronutrients; micronutrients; mineral	oligosaccharides, 64, 108	percutaneous endoscopic gastrostomy (PEG), 142
requirements; neonatal	Olshan, A. F., 157	, ,,
nutrition; nutritional deficiencies; specific nutrients	omega-3/6 fatty acids. See long-chain polyunsaturated fatty acids	percutaneous endoscopic gastrostomy with a jejunal port (PEGJ), 142
<i>by name</i> ; supplementation complementary feeding, 100–3	omphalocele, 156	periconceptional diet, B-vitamins in, 174–5
in formulas, regulation of, 99	oocyte maturation, 167–71	peroxisome proliferator-activated
maternal availability of, 3–4 partitioning across placenta, 6–7	optimal growth trajectory, 36. See also	receptor gamma (PPAR
placental transport of	individualized fetal growth curves; neonatal nutrition	gamma), 19, 169
of amino acids from mother to	,	pharmaceutical therapy. See medications
fetus, 16	optimal nutrition in preterm infants, 86–8	
capacity, and fetal growth, 7–8 growth of placenta and, 12	oral clefts, 155-6	phosphorus, 84–5
minerals, 30	•	physiology, changes in maternal, 1–2. <i>See also</i> adaptation to
regulation of, 8	otitis media, and breast-feeding, 108	pregnancy
requirements infant, 65–6	Oumachigui, A., 120	placenta. See also macronutrients
teenage pregnancies, 120-3	output, cardiac, during pregnancy, 1	adipokines, role of, 5-6
term versus preterm infant, 86	ovarian folliculogenesis, 167-71	essential fatty acid metabolism and transfer by, 19
nutrition education, WIC, 124	ovarian stimulation, and oocyte	glucose transport and metabolism,
nutritional deficiencies	maturation, 168–9	12–13
contribution to preeclampsia antioxidants, 54-5	overgrowth syndromes, 174	growth factors, 6 impact of imprinted genes on
arginine, 55	overweight	growth of, 189–90
calcium, 55–6	and breast-feeding, 109–10 and egg quality, 169–70	lipid metabolism, 18, 20
Chinese herbal medicine, 56 fish oil, 56	and intrauterine growth restriction,	multiple pregnancy, 152 nutrient partitioning across, 6–7
folic acid, 56	15	nutrient partitioning across, 6-7
garlic, 56	and preeclampsia, 58 teenage pregnancies, 122	capacity and fetal growth, 7-8
iron, 57 Japanese herbal medicine, 57	ovulations, 112	minerals, 30
magnesium, 57		regulation of, 8 placental-fetal amino acid cycling,
multiple micronutrient	oxidation amino acid, 16	16
supplementations, 57	fatty acid, 20	secretion of hCS and growth
overview, 53–4 salt intake, 57	·	hormone, 4–5 transport of amino acids from
zinc, 58	palmitic acid, 65	mother to fetus, 16
effects of, 27–9	pantothenic acid (vitamin B ₅), 159	uptake, synthesis, and metabolism
extent of, 25–7 overview, 25	parental growth potential, 36	of fatty acids, 18–19 vascular development in, 4
nuts, 133-4	parenteral nutrition	plant-based LCPUFAs, 135
140, 100 1	for preterm infants, 86 as therapy for hyperemesis	plasma, seminal, 172
obesity	gravidarum, 142–3	PLCζ, 171
and breast-feeding, 109–10 and egg quality, 169–70	parity, and fetal growth, 37	PMNS (Pune Maternal Nutrition
and intrauterine growth restriction,	pathogenesis, of preeclampsia, 53	Study), 46, 48, 50
15 and preeclampsia, 58	PCOS (polycystic ovary syndrome),	polycystic ovary syndrome (PCOS),
teenage pregnancies, 122	169–70	169–70
observational studies, 106-7	PDF (postdischarge formulas), 88, 89	postdischarge breast-feeding, 88
odansetron, 139	peanuts, 133-4	postdischarge formulas (PDF), 88, 89
offspring development, and mineral deficiencies, 29	pediatric cancers, 156–7	postdischarge nutrition, in preterm infants, 87–8, 89
oleic acid, 65	percentiles, fetal growth and birth weight, 38–9	postnatal feeding practices, for IUGR,
oreic acia, oo		15



postnatal programming, 188-89	mineral deficiencies and premature	redistribution of body stores, during
postpartum weight loss, 67, 113-14	birth, 28 versus term infants	pregnancy, 29–30
PPARα gene (PPARA), 188	early nutrition and later health,	regulation, of formulas, 97-9
PPAR gamma (peroxisome	88-9	relaxin, 2
proliferator-activated receptor gamma), 19, 169	nutritional requirements, 86 optimal nutrition in preterm infants, 86–8	renal system changes in maternal, 2 epigenetic modification, 188
prednisolone, 140	overview, 82	resistant hyperemesis gravidarum, 139
preeclampsia	primary mineral deficiencies, 25-6	respiratory tract infections, and
defined, 53 dietary advice, 59	primordial-to-primary follicle transition, 167	breast-feeding, 108
future research, 59 genetic predisposition, 59	PROBIT (Promotion of Breastfeeding	rest, and preeclampsia, 58
implications of, 53	Intervention Trial), 79, 108	retinoid syndrome, 158
key clinical points, 59	progesterone, 2	riboflavin (vitamin B ₂), 159
and mineral deficiencies, 27 nutrient supplementation, 40	promoters, gene, 181	Rogers, I. S., 77
pathogenesis of, 53	proportion of optimal birth weight, 39	ROS (reactive oxygen species), 171–2
potential contribution to	protein. See also amino acids	rosiglitazone, 169
antioxidants, 54–5 arginine, 55	in cow's milk-based formulas, 93–5 macronutrient needs in developing	Rothman, K. J., 158
calcium, 55–6 Chinese herbal medicine, 56	countries, 47	S-adenosyl methionine (SAM), 183
fish oil, 56	in milk, 64 requirements	salmonella, 134
folic acid, 56	infant, 65, 76	salt intake, and preeclampsia, 57
garlic, 56 iron, 57	during lactation, 68	Sarasua, S., 157
Japanese herbal medicine, 57	during pregnancy, 15–16 for preterm infants, 83	Schanler, R. J., 87
magnesium, 57	in soy-based formulas, 95	Scholl, T. O., 122, 150, 151
multiple micronutrient supplementations, 57	vegetarian/vegan pregnancies, 131	secondary mineral deficiencies, 25,
overview, 53–4	protein hydrolysate formulas, 95–7	26–7
salt intake, 57 zinc, 58	protein:energy ratio, 66–7	selenium
role of diet and lifestyle factors, 58	proteinuria. See preeclampsia	excretion during pregnancy, 29
vitamin C and prevention of, 161	PTF (preterm infant formulas), 87, 88, 89	importance during pregnancy, 25 mineral deficiencies, 26, 27
preemptive therapy, for HG, 140 pregnancy, adaptation to. See adaptation to pregnancy	Pune Maternal Nutrition Study (PMNS), 46, 48, 50	placental transfer, 30 utilization and stores of during pregnancy, 30
pre-implantation development, 172–5	pyloric stenosis, 156	Selvin, S., 151
premature birth, 28. See also preterm	pyridoxine (vitamin B ₆), 139, 159	seminal plasma, 172
infants	pyridoxine-metoclopramide, 139	serum, within culture media, 186
prenatal growth. See fetal growth	RDA (recommended dietary	serum ferritin levels, 149–50
prenatal supplementation. See supplementation	allowance), 30	SES (socioeconomic status), 109
prenatal treatment of IUGR, 15	reactive oxygen species (ROS), 171–2	Shaw, G. M., 156
prepartum milk, 63	reappraisal of maternal interventions, 50	Shaw, M., 119
pre-pregnancy undernutrition, 45–7	recommended daily intake of minerals,	sheep diet-associated hypomethylation in, 183–4
preterm infant formulas (PTF), 87, 88,	recommended dietary allowance	in vitro fertilization, 187
89	(RDA), 30	Shi, W., 169
preterm infants	red blood cell mass, during pregnancy,	silencing, gene, 181
breast-feeding, 65 growth of, 38	1	Sinclair, K. D., 183–4

6 months debate regarding energy	syncytiotrophoblast (ST), 6–7	growth of placenta and, 12
requirements, 75–6 size at birth. <i>See</i> birth weight; fetal	synthesis, placental, of fatty acids,	minerals, 30 regulation of, 8
growth	systematically underestimated	transporters, glucose, 12-13
Slc38a4 gene, 189-90	gestations, 38	treatment, hyperemesis gravidarum, 139
small antral follicles, 168	systemic vascular resistance, during	
Smithells, R. W., 155	pregnancy, 1	tree nuts, 133
soaps, calcium, 84	TIDM (type I diabetes mellitus),	triglycerides, 18, 65
sociodemographic factors, and	111–12	triiodothyronine, 24–5
maternal undernutrition, 46–7 socioeconomic status (SES), 109	TIIDM (type II diabetes mellitus), 15, 112, 114	triplet pregnancies. <i>See</i> multiple pregnancy
solid foods, introduction of, 88. See	taurine, 83	true protein content, of milk, 64
also weaning	teenage pregnancies	TS (Tokishakuyaku-san), 57
soya, 134	interventions to improve nutritional	tumor necrosis factor-alpha (TNF α), 5
soy-based formulas, 95	intake, 123–6	tumors, pediatric, 156–7
Spatone iron supplement, 131	key clinical messages, 119 medical risks of, 120	twin pregnancies. See multiple
Special Supplemental Food Program	nutritional requirements of, 120–3 overview, 119–20	pregnancy
for Women, Infants and Children (WIC), 124	·	two-stage process, preeclampsia, 53
spina bifida, 28	term formulas (TF), 87, 88	type I diabetes mellitus (TIDM),
ST (syncytiotrophoblast), 6–7	term infants. See breast-feeding; formula feeding; infant	111–12
"Starting Well" intervention scheme,	growth; neonatal nutrition; preterm infants; weaning	type II diabetes mellitus (TIIDM), 15, 112, 114
125	TGFβ (transforming growth factor	UK Committee on Toxicity, 134
stores, body mineral, in infants, 28–9	beta), 172	UK Food Standards Agency, 125-6,
redistribution of during pregnancy,	therapeutic drugs. See drugs	133, 134
29–30	thiamine (vitamin B_1), 138, 158–9	ultrasound fetometry, 34
sudden death, cardiac, 114	Thorsdottir, I., 78	undernutrition, maternal. See also
Sukalich, S., 122	thyroxine, 24-5	maternal diet
supplementation	timing of maternal nutrition	before conception, 45–7
and fetal growth, 40–1	interventions, 50	and hyperemesis gravidarum, 141-3
long-chain polyunsaturated fatty acids, 135	TNFα (tumor necrosis factor-alpha), 5	and lactation, 69
during multiple pregnancy, 150 and nausea and vomiting, 140	tocopherol. See vitamin E	United Kingdom Medical Research Council, 155
overview, 155–8	Tokishakuyaku-san (TS), 57	,
during pregnancy, 59	toxoplasmosis, 134	University of Dundee, 125
role of maternal nutrition in fetal growth, 39	trans fatty acids, 68	University of Helsinki, 79
vegetarian and vegan pregnant	transcriptional activity, 167–8, 173	University of Iowa, 100
women, 131, 134-5	transforming growth factor beta	uptake, placental, of fatty acids, 18–19
vitamin A, 158 vitamin B_1 , 158–9	$(TGF\beta)$, 172	urea, 64
vitamin B_{12} , 160–1	transgenerational epigenetic	urinary tract anomalies, 156
vitamin B ₂ , 159	modification, 190-92	U.S. Department of Health Services,
vitamin B_3 , 159 vitamin B_5 , 159	transitional milk, 63	106
vitamin B_6 , 159	transport, placental nutrient	U.S. Special Supplemental Food
vitamin B ₉ , 159–60	of amino acids from mother to fetus,	Program for Women, Infants and Children (WIC), 124
vitamin C, 161 vitamin D, 161	16 capacity, and fetal growth, 7–8	utilization, mineral, during pregnancy,
vitamin E, 161	glucose, 12–13	29–30



van de Ven, C. J. M., 142	vitamin B ₆ (pyridoxine), 139, 159	and fetal growth, 36
vascular development, placental and fetal, 4	vitamin B ₉ . See folate	multiple pregnancy, 151-2 teenage pregnancies, 122
,	vitamin C (ascorbic acid)	parental body, 36
vegetarian/vegan pregnant women	and preeclampsia, 40, 54-5, 161	postpartum loss of, 67, 113-14
clinical approach, 129–30 health professional concerns	supplementation during pregnancy, 161	well-being, maternal, 27-8
calcium, 132		Wen, W., 157
energy and macronutrients,	vitamin D	Wernicke's encephalopathy, 138
130-1	neonate nutritional requirements, 77–8	
folate, 131–2	supplementation during pregnancy,	Wharton, B. A., 83
iodine, 132 iron, 131	161	whey proteins, 64, 93
pregnancy outcome, 130 vitamin B_{12} , 132	toxicity of during pregnancy, 150 vegetarian and vegan pregnant	WHO (World Health Organization), 78, 99–100, 107
vitamin D, 132	women, 132	WIC (Special Supplemental Food
zinc, 132	vitamin E (tocopherol)	Program for Women, Infants
overview, 129	and preeclampsia, 40, 54–5, 161	and Children), 124
women's concerns cravings and aversions, 133	preterm infant requirements, 86 supplementation during pregnancy,	Widdowson, E. M., 47
impact of food safety advice, 134	161	Williams, R. L., 152
overview, 133	vitamin K, 77	women. See mother
peanuts and other nuts, 133–4 soya, 134 supplements, 134–5	vitamins. See also micronutrients; specific vitamins by name;	work, maternal, and birth size, 47–8
venous thrombosis, 142	supplementation preterm infant requirements, 85–6	World Health Organization (WHO), 78, 99–100, 107
vitamin A	in soy-based formulas, 95	,
preterm infant requirements, 85–6 supplementation, 158	volume, milk, 63-4	"Yom Kippur effect," 148
toxicity of during pregnancy, 150	vomiting. See hyperemesis gravidarum	zinc
vitamin B ₁ (thiamine), 138, 158–9	water requirements	importance during pregnancy,
vitamin B ₁₂ (cobalamin)	during lactation, 67	25
and birth weight, 48	neonate, 77	mineral deficiencies, 28 and preeclampsia, 58
childhood insulin resistance and,	weaning	preterm infant requirements, 85
188	defined, 72	supplementation during multiple
imbalance between folate and, 50	nutritional requirements beyond 6	pregnancy, 150
methyl deficiency, 183–4 supplementation, 160–1	months, 78–9	teenage pregnancies, 123
vegetarian and vegan pregnant	overview, 75	utilization and stores of during
women, 132	preterm infants, 88	pregnancy, 29–30
vitamin B ₂ (riboflavin), 159	6 months debate, 75–6	vegetarian and vegan pregnant women, 132
	weight. See also birth weight; fetal	,
vitamin B ₃ (niacin), 159	growth gain, maternal	zygote, epigenetic programming in, 183
vitamin B ₅ (pantothenic acid), 159	gain, maternar	103