



TITLE: Evaluate the consumption of protein of animal-source in complementary foods of offspring of mothers with gestational diabetes in an educational intervention: 18-month follow-up.

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ABSTRACT

We aimed to evaluate the consumption of protein of animal-source in the complementary diet of children of mothers with and without GD at 18 months of follow-up.

A secondary analysis was performed in children participating in an ongoing study. Three groups were formed: with GD with intervention (GD+I), without GD with intervention (woGD+I) and without GD without intervention (woGD-I). The intervention consisted in monthly sessions promoting maternal lactation and orientation of complementary foods, in the first 3 months and tri-monthly to month 18. The group woGD-I was given the standard information for the healthy child. The 3 groups answered 24-hour food recall and food frequency questionnaires (ff). For sub-analysis, ff was analyzed with Chi² at month 18. Adequate consumption (AC) was analyzed with the combination of ff consumption per day per week and daily frequency. AC was defined: consuming animal-source food 1 day per week and >2 times per day or >2 days a week at least once a day.

The sources that contain the most iron are liver and beef. Consumption of protein of animal origin with AC: Beef consumption in the GD+I was 83.1% and woGD+I 92.9% against 77.8% in the woGD-I group ($p=0.023$). Group woGD-I consumed liver more frequently than the group GD+I or woGD-I

(60.7% and 47%, respectively, vs 55.5%, $p=0.056$). Group woGD+I consumed fish more frequently than groups GD+I and woGD-I (82.1% and 65%, respectively, vs 55.5%, $p=0.053$). GD+I was 98.8% and 100% in woGD+I vs 100% woGD-I ($p<1.0$) for chicken. GD+I 42.2%, 46.4% woGD+I and 44.5% of the woGD-I ($p=0.113$) for pork, and GD+I 91.5 % and 96.5% in woGD+I vs 92.6% woGD-I ($p=0.537$) for egg.

These findings support that the educational intervention focused on complementary foods encourage the AC of protein of animal-source in children 18 months of age.

BIOGRAPHY

Sandra García Del Río has a Masters degree in Applied Nutrition and is now a PhD student in Clinical Epidemiology. She is currently involved with a multicentric study including an educational intervention concerning maternal and neonatal nutrition, involving hundred of pregnancies with and without gestational diabetes, with a 2-year follow up of both mothers and offspring.

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