Abstract

Objective: To evaluate the impact of the Mediterranean diet (MD) on weight gain and obesity in pregnant women in Gran Canaria.

Methods: Cross sectional study in 170 pregnant women. We measured the adherence to the MD before and during pregnancy by a food frequency questionnaire. Body mass index (BMI) was determined in the first prenatal visit. Appropriate weight gain was calculated according to the recommendations set by the American Institute of Medicine. We established the association between the degree of compliance with the MD and the increase in BMI (regression coefficients [b] and their confidence intervals (CI) [(95% CI)] and weight gain (Odds ratios [OR] and their 95% CI) during pregnancy. Results: Women with a high baseline adherence to the Mediterranean diet gained less weight during pregnancy (b -1.54; CI 95% -2.53 to -0.56) than women with poor adherence. One point increase in the adherence to this diet during pregnancy was associated with an enhanced probability of appropriate weight gain (OR 1.39; CI 95% 1.06 to 1.82). Conclusions: A high baseline adherence to the MD may protect against overweight and obesity during pregnancy. Intensifying this habit during gestation can increase the probability of an appropriate weight gain.

Keywords