Abstract

Introduction: in scientific literature there are not published researches which have used a validated assessment method of adherence to dietary counseling capable of being reproduced. Objective: to evaluate the adherence of pregnant women to dietary counseling during the prenatal period using a validated instrument according to the outcome of total gestational weight gain. Methods: two hundred and eight adult pregnant women participated in the research. The instrument for adherence classification to dietary counseling was elaborated according to four evaluation criteria: food quantity and quality, meal pattern and adjustment to weekly weight gain. We classified as poor adherence when zero-one criterion was observed, good adherence when 2-3 aspects were observed and excellent when the amount was 4 aspects. Results: Pregnant women with good or excellent adherence had a higher adjustment proportion of the total gestational weight gain in comparison to those who presented poor adherence in the second and fourth visits, respectively (p < 0.006; p < 0.007). Women with poor adherence to dietary counseling in the second visit presented about three times more chances of having poor adherence in the fourth visit (OR = 3.11; CI = 1.46-6.36). Conclusion: Adherence of pregnant women to dietary counseling had a positive association with the adjustment of total gestational weight gain.

Keywords
Pregnant women, Counseling, Weight gain, Pregnancy nutrition.