

## **Healthy pregnancy - healthy child. Optimal new Nordic-style cooking to pregnant women - An open window to develop a healthy child**

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### **Aim and Description:**

One-third of Danish pregnant women are over-weight and 12% are obese. Many have excessive gestational weight gain with an increased risk of obstetric challenges and the possible contribution to fetal programming for obesity and the development of type 2 diabetes. A moderate-high daily intake of dairy products during pregnancy has several positive outcomes. Dairy protein is positively associated with foetal growth and birth weight; furthermore a high intake of dairy calcium reduces the risk of hypertension by 30% and preeclampsia by 52% (Brandsæter et al. 2012, Olsen et al. 2007, Hansen et al. 2010, Xiao et al. 2013). By using the principles of New Nordic Diet (NND) the aim is to study the effect of a dairy rich diet with optimized protein:carbohydrate ratio in overweight pregnant women on gestational weight gain, obstetric development, degree of fetal programming for obesity and indications of lifestyle diseases in the offspring. Furthermore to develop recipes and snacks for pregnant women using the principles of NND.