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What do pregnant women eat, and are they meeting the recommended dietary requirements for pregnancy?

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Title pageTitle:

What do pregnant women eat, and are they meeting the recommended dietary requirements for pregnancy?

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Background

Diet is an important and modifiable lifestyle behaviour that can affect risk factor development for optimal health and well-being. Poorer quality diets high in energy, fat, and sugar, and low in fibre, contribute to increasing rates of obesity. In Australia in 2014-15, 56% of women were considered to be overweight or obese. Being overweight or obese is a major risk factor for developing heart disease and diabetes. Entering into pregnancy overweight or obese is associated with increased risk of developing gestational diabetes and hypertension, and a higher likelihood of requiring a caesarean birth. Understanding what

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