

## DIETARY INTAKE AT BASELINE DURING A BEHAVIORAL LIFESTYLE INTERVENTION IN OVERWEIGHT AND OBESE PREGNANT WOMEN

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We examined the dietary intake of pregnant women ( $\leq 16$  weeks) who were overweight or obese before pregnancy upon enrollment in a clinical trial. White and African American pregnant women ( $n=228$ ) were recruited from greater Columbia, SC from 2015 to January 2019. Participants used the ASA24 online dietary assessment at each time point to complete two unannounced 24-hr dietary recalls, one at the measurement visit and one on their own. The ASA24 online dietary assessment program measured dietary intake in the past 24 hours, including food and supplement intake.

Of the 228 women, 56% were white, 59% were college graduates, 67% were married, 61% were employed full time, and 26% received Medicaid benefits. For micronutrient intake, 86% of women did not meet the sodium recommendations ( $<2300\text{mg/day}$ ), 92% of women did not meet the iron recommendations ( $>27\text{mg/day}$ ), 85% of women did not meet the folic acid recommendations ( $>600\text{mcg/day}$ ), and 98% of women did not meet the vitamin D recommendations ( $>600\text{IU/day}$ ).

For food groups, 87% of women did not eat the recommended amount of fruit ( $>2$  cups), and 91% did not eat the recommended amount of vegetables ( $>3$  cups). For whole grains, 99% of participants did not meet the recommendation ( $>3.5$  oz), and 89% did not get enough dairy ( $>3$  cups). Finally, 78% of pregnant women did not meet the recommendation amount of added sugar ( $<6$  tsp/day).

Results indicate a need for nutrition intervention during early pregnancy to help pregnant women meet recommended nutritional needs.

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