

BIBLIOGRAFIA

1. Robinson S, Baird J, Godfrey KM. Eating for two? The unresolved question of optimal diet in pregnancy. *Am J Clin Nutr* 2014; 100:1220.
2. Pinto E, Barros H, dos Santos Silva I. Dietary intake and nutritional adequacy prior to conception and during pregnancy: a follow-up study in the north of Portugal. *Public Health Nutr.* 2009 Jul;12(7):922-31.
3. American College of Obstetricians and Gynecologists. Nutrition and women. ACOG Educational Bulletin 229. ACOG; Washington, DC 1996.
4. Pelizzo G, Nakib G, Alfei A, Iasci A, Cena H, Locatelli D, Mosconi M, Zappoli F, Calcaterra V. Fetal neural tube defects in pregnant women previously submitted to bariatric surgery: more attention to a new emerging entity. *Prenat Diagn.* 2013 Feb;33(2):196-7.
5. Pelizzo G, Calcaterra V, Fusillo M, Nakib G, Ierullo AM, Alfei A, Spinillo A, Stronati M, Cena H. Malnutrition in pregnancy following bariatric surgery: three clinical cases of fetal neural defects. *Nutr J.* 2014 Jun 14;13:59.
6. Istituto Superiore di Sanità (a cura di Bianchi F e Taruscio D). Registro nazionale malattie rare. Epidemiologia di 44 malformazioni congenite in Italia . Rapporti ISTISAN 02/36.
7. Oliver EM, Grimshaw KE, Schoemaker AA, Keil T, McBride D, Sprikkelman AB, Ragnarsson HS, Trendelenburg V, Emmanouil E, Reche M, Fiocchi A, Fiandor A, Stanczyk-Przyluska A, Wilczynski J, Busacca M, Sigurdardottir ST, Dubakiene R, Rudzeviciene O, Vlaxos GD, Beyer K, Roberts G. Dietary habits and supplement use in relation to national pregnancy recommendations: data from the EuroPrevall birth cohort. *Matern Child Health J.* 2014 Dec;18(10):2408-25.
8. Safi J, Joyeux L, Chalouhi GE. Periconceptional folate deficiency and implications in neural tube defects. *J Pregnancy.* 2012
9. Dror DK, Allen LH. Interventions with vitamins B6, B12 and C in pregnancy. *Paediatr Perinat Epidemiol.* 2012 Jul;26 Suppl 1:55-74.

10. Pepper MR, Black MM. B12 in fetal development. *Semin Cell Dev Biol.* 2011Aug;22(6):619-23.
11. Bodnar LM et al. Maternal vitamin D deficiency increases the risk of preeclampsia. *Journal of Clinical Endocrinology and Metabolism*, 2007, 92:3517–3522.
12. Hlick MF, Chen TC. Vitamin D deficiency: a worldwide problem with health consequences. *American Journal of Clinical Nutrition*, 2008, 87:1080S–1086S.
13. McKay AP, Berg CJ, Atrash HK. Pregnancy-related mortality from preeclampsia and eclampsia. *Obstetrics and Gynecology*, 2001, 97:533–538.
14. Bker AM et al. A nested case-control study of midgestation vitamin D deficiency and risk of severe preeclampsia. *Journal of Clinical Endocrinology and Metabolism*, 2010, 95:5105–5109.
15. Wei SQ et al. Longitudinal vitamin D status in pregnancy and the risk of preeclampsia. *BJOG: International Journal of Obstetrics and Gynaecology*, 2012, 119:832–839.
16. Zhang C et al. Maternal plasma 25hydroxyvitamin D concentrations and the risk for gestational diabetes mellitus. *Public Library of Science One*, 2008, 3:e3753.
17. Dau A, Nath R. High prevalence of moderately severe vitamin D deficiency in preterm infants. *Pediatrics International*, 2011, 53:207–210.
18. Mley R et al. Maternal 25hydroxyvitamin D and parathyroid hormone concentrations and of offspring birth size. *Journal of Clinical Endocrinology and Metabolism*, 2006, 91:906–912.
19. Greer FR. 25-Hydroxyvitamin D: functional outcomes in infants and young children. *American Journal of Clinical Nutrition*, 2008, 88:529S–533S.
20. Jvaid MK et al. Maternal vitamin D status during pregnancy and childhood bone mass at age 9 years: a longitudinal study. *The Lancet*, 2006, 367:36–43.
21. Wgner CL et al. Prevention of rickets and vitamin D deficiency in infants, children, and adolescents. *Pediatrics*, 2008, 122:1142–1152.

22. Hilger J, Friedel A, Herr R, Rausch T, Roos F, Wahl DA, Pierroz DD, Weber P, Hoffmann K. A systematic review of vitamin D status in populations worldwide. *Br J Nutr*. 2014 Jan 14;111(1):23-45.
23. Pereira-Santos M, Costa PR, Assis AM, Santos CA, Santos DB. Obesity and vitamin D deficiency: a systematic review and meta-analysis. *Obes Rev*. 2015 Apr;16(4):341-9.
24. Nwudu VC. Association between obesity and vitamin D deficiency. *Obes Rev*. 2015 Sep;16(9):817.
25. Alimentazione in gravidanza. Raccomandazioni SID AMD ADI. 2014.
26. Craig WJ, Mangels AR, American Dietetic Association. Position of the American Dietetic Association: vegetarian diets. *J Am Diet Assoc* 2009; 109:1266.
27. Piccoli GB, Clari R, Vigotti FN, et al. Vegan vegetarian diets in pregnancy: danger or panacea? A systematic narrative review. *BJOG* 2015; 122:623.
28. Haddad EH, Tanzman JS. What do vegetarians in the United States eat? *Am J Clin Nutr* 2003; 78:626S.
29. Koebnick C, Hoffmann I, Dagnelie PC, et al. Longterm ovo-lacto vegetarian diet impairs vitamin B12 status in pregnant women. *J Nutr* 2004; 134:3319.
30. Cox SR. Staying healthy on a vegetarian diet during pregnancy. *J Midwifery Womens Health* 2008; 53:91.
31. Penney DS, Miller KG. Nutritional counseling for vegetarians during pregnancy and lactation. *J Midwifery Womens Health* 2008; 53:37.
32. Leitzmann C. Vegetarian diets: what are the advantages? *Forum Nutr* 2005; :147.
33. American Dietetic Association, Dietitians of Canada. Position of the American Dietetic Association and Dietitians of Canada: Vegetarian diets. *J Am Diet Assoc* 2003; 103:748.
34. Haddad EH, Sabaté J, Whitten CG. Vegetarian food guide pyramid: a conceptual framework. *Am J Clin Nutr* 1999; 70:615S.

35. Cunningham FG, MacDonald PC, Gant NF, et al. Prenatal Care. In: Williams Obstetrics, 20th ed, Appleton and Lange, Stamford, CT 1997. p.236.
36. Marcason W. Is there evidence to support the claim that a glutenfree diet should be used for weight loss? *J Am Diet Assoc* 2011; 111:1786.
37. Gaesser GA, Angadi SS. Glutenfree diet: imprudent dietary advice for the general population? *J Acad Nutr Diet* 2012; 112:1330.
38. Szilagyi A, Salomon R, Martin M, et al. Lactose handling by women with lactose malabsorption is improved during pregnancy. *Clin Invest Med* 1996; 19:416.
39. Villar J, Kestler E, Castillo P, et al. Improved lactose digestion during pregnancy: a case of physiologic adaptation? *Obstet Gynecol* 1988; 71:697.
40. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), American Psychiatric Association, Arlington, VA 2013.
41. Franko DL, Spurrell EB. Detection and management of eating disorders during pregnancy. *Obstet Gynecol* 2000; 95:942.
42. Abraham S. Obstetricians and maternal body weight and eating disorders during pregnancy. *J Psychosom Obstet Gynaecol* 2001; 22:159.
43. Mitchell-Gielegem A, Mittelstaedt ME, Bulik CM. Eating disorders and childbearing: concealment and consequences. *Birth* 2002; 29:182.
44. Koubaa S, Hällström T, Lindholm C, Hirschberg AL. Pregnancy and neonatal outcomes in women with eating disorders. *Obstet Gynecol* 2005; 105:255.
45. Hoffman ER, Zerwas SC, Bulik CM. Reproductive issues in anorexia nervosa. *Expert Rev Obstet Gynecol* 2011; 6:403.
46. Bulik CM, Hoffman ER, Von Holle A, et al. Unplanned pregnancy in women with anorexia nervosa. *Obstet Gynecol* 2010; 116:1136.
47. Siega-Riz AM, Von Holle A, Haugen M, et al. Gestational weight gain of women with eating disorders in the Norwegian pregnancy cohort. *Int J Eat Disord* 2011; 44:428.

48. Solmi F, Sallis H, Stahl D, et al. Low birth weight in the offspring of women with anorexia nervosa. *Epidemiol Rev* 2014; 36:49.
49. Micali N, De Stavola B, dos-Santos-Silva I, et al. Perinatal outcomes and gestational weight gain in women with eating disorders: a population-based cohort study. *BJOG* 2012; 119:1493.
50. Micali N, Simonoff E, Treasure J. Risk of major adverse perinatal outcomes in women with eating disorders. *Br J Psychiatry* 2007; 190:255.
51. Bulik CM, Von Holle A, Siega-Riz AM, et al. Birth outcomes in women with eating disorders in the Norwegian Mother and Child cohort study (MoBa). *Int J Eat Disord* 2009; 42:9.
52. Eagles JM, Lee AJ, Raja EA, et al. Pregnancy outcomes of women with and without a history of anorexia nervosa. *Psychol Med* 2012; 42:2651.
53. Ekéus C, Lindberg L, Lindblad F, Hjern A. Birth outcomes and pregnancy complications in women with a history of anorexia nervosa. *BJOG* 2006; 113:925.
54. lais MA, Becker AE, Burwell RA, et al. Pregnancy: outcome and impact on symptomatology in a cohort of eating-disordered women. *Int J Eat Disord* 2000; 27:140.
55. Knoph C, Von Holle A, Zerwas S, et al. Course and predictors of maternal eating disorders in the postpartum period. *Int J Eat Disord* 2013; 46:355.
56. Easter A, Treasure J, Micali N. Fertility and prenatal attitudes towards pregnancy in women with eating disorders: results from the Avon Longitudinal Study of Parents and Children. *BJOG* 2011; 118:1491.
57. Micali N, dos-Santos-Silva I, De Stavola B, et al. Fertility treatment, twin births, and unplanned pregnancies in women with eating disorders: findings from a population-based birth cohort. *BJOG* 2014; 121:408.
58. Morgan JF, Lacey JH, Chung E. Risk of postnatal depression, miscarriage, and preterm birth in bulimia nervosa: retrospective controlled study. *Psychosom Med* 2006; 68:487.

59. Micali N, Treasure J, Simonoff E. Eating disorders symptoms in pregnancy: a longitudinal study of women with recent and past eating disorders and obesity. *J Psychosom Res* 2007; 63:297.
60. Linna MS, Raevuori A, Haukka J, et al. Reproductive health outcomes in eating disorders. *Int J Eat Disord* 2013; 46:826.
61. Perrin EM, Von Holle A, Zerwas S, Skinner AC, Reba-Harrelson L, Hamer RM, Stoltenberg C, Torgersen L, Reichborn-Kjennerud T, Bulik CM. Weight-for-length trajectories in the first year of life in children of mothers with eating disorders in a large Norwegian Cohort. *Int J Eat Disord*. 2015;48(4):406.
62. Bulik CM, Von Holle A, Hamer R, Knoph Berg C, Torgersen L, Magnus P, Stoltenberg C, Siega-Riz AM, Sullivan P, Reichborn-Kjennerud T. Patterns of remission, continuation and incidence of broadly defined eating disorders during early pregnancy in the Norwegian Mother and Child Cohort Study (MoBa). *Psychol Med*. 2007;37(8):1109.
63. Knoph C, Von Holle A, Zerwas S, Torgersen L, Tambs K, Stoltenberg C, Bulik CM, Reichborn-Kjennerud T. Course and predictors of maternal eating disorders in the postpartum period. *Int J Eat Disord*. 2013 May;46(4):355-68. Epub 2013 Jan 11.
64. Abraham S. Sexuality and reproduction in bulimia nervosa patients over 10 years. *J Psychosom Res* 1998; 44:491.
65. Norré J, Vandereycken W, Gordts S. The management of eating disorders in a fertility clinic: clinical guidelines. *J Psychosom Obstet Gynaecol* 2001; 22:77.
66. Mehler PS, Birmingham LC, Crow SJ, Jahraus JP. Medical complications of eating disorders. In: *The Treatment of Eating Disorders: A Clinical Handbook*, Grilo CM, Mitchell JE (Eds), The Guilford Press, New York 2010. p.66.
67. Mitchell-Gielegheem A, Mittelstaedt ME, Bulik CM. Eating disorders and childbearing: concealment and consequences. *Birth*. 2002;29(3):182.

68. Easter A, Naumann U, Northstone K, et al. A longitudinal investigation of nutrition and dietary patterns in children of mothers with eating disorders. *J Pediatr* 2013; 163:173.
69. Hoffman ER, Bentley ME, Hamer RM, Hodges EA, Ward DS, Bulik CM. A comparison of infant and toddler feeding practices of mothers with and without histories of eating disorders. *Matern Child Nutr.* 2014;10(3):360.
70. Torgersen L, Ystrom E, Siega-Riz AM, Berg CK, Zerwas SC, Reichborn-Kjennerud T, Bulik CM. Maternal eating disorder and infant diet. A latent class analysis based on the Norwegian Mother and Child Cohort Study (MoBa). *Appetite.* 2015 Jan;84:291-8. Epub 2014 Oct 22.
71. American College of Obstetricians and Gynecologists. ACOG Committee opinion no. 549: obesity in pregnancy. *Obstet Gynecol.* 2013;121(1):213.
72. Torloni MR, Betrán AP, Horta BL, et al. Prepregnancy BMI and the risk of gestational diabetes: a systematic review of the literature with meta-analysis. *Obes Rev* 2009; 10:194.
73. Scott-Pillai R, Spence D, Cardwell CR, et al. The impact of body mass index on maternal and neonatal outcomes: a retrospective study in a UK obstetric population, 2004-2011. *BJOG* 2013; 120:932.
74. Blomberg M. Maternal obesity, mode of delivery, and neonatal outcome. *Obstet Gynecol* 2013; 122:50.
75. Van der Steeg JW, Steures P, Eijkemans MJ, et al. Obesity affects spontaneous pregnancy chances in subfertile, ovulatory women. *Hum Reprod* 2008; 23:324.
76. Gesink Law DC, Maclehose RF, Longnecker MP. Obesity and time to pregnancy. *Hum Reprod* 2007; 22:414.
77. Ramlau-Hansen CH, Thulstrup AM, Nohr EA, et al. Subfecundity in overweight and obese couples. *Hum Reprod* 2007; 22:1634.
78. Wang JX, Davies M, Norman RJ. Body mass and probability of pregnancy during assisted reproduction treatment: retrospective study. *BMJ* 2000; 321:1320.

79. Crosignani PG, Ragni G, Parazzini F, et al. Anthropometric indicators and response to gonadotrophin for ovulation induction. *Hum Reprod* 1994; 9:420.
80. Petersen GL, Schmidt L, Pinborg A, Kamper-Jørgensen M. The influence of female and male body mass index on live births after assisted reproductive technology treatment: a nationwide register-based cohort study. *Fertil Steril* 2013; 99:1654.
81. Knight BA, Shields BM, Brook A, Hill A, Bhat DS, Hattersley AT, Yajnik CS. Lower Circulating B12 Is Associated with Higher Obesity and Insulin Resistance during Pregnancy in a Non-Diabetic White British Population. *PLoS One*. 2015 Aug 19;10(8):e0135268.
82. Practice Committee of American Society for Reproductive Medicine. Obesity and reproduction: an educational bulletin. *Fertil Steril* 2008; 90:S21.
83. Moos MK, Dunlop AL, Jack BW, et al. Healthier women, healthier reproductive outcomes: recommendations for the routine care of all women of reproductive age. *Am J Obstet Gynecol* 2008; 199:S280.
84. Getahun D, Kaminsky LM, Elsassner DA, et al. Changes in prepregnancy body mass index between pregnancies and risk of primary cesarean delivery. *Am J Obstet Gynecol* 2007; 197:376.e1.
85. Getahun D, Ananth CV, Peltier MR, et al. Changes in prepregnancy body mass index between the first and second pregnancies and risk of large-for-gestational-age birth. *Am J Obstet Gynecol* 2007; 196:530.e1.
86. Jain AP, Gavard JA, Rice JJ, et al. The impact of interpregnancy weight change on birthweight in obese women. *Am J Obstet Gynecol* 2013; 208:205.e1.
87. Callegari LS, Sterling LA, Zelek ST, et al. Interpregnancy body mass index change and success of term vaginal birth after cesarean delivery. *Am J Obstet Gynecol* 2014; 210:330.e1.
88. Muktabhant B, Lumbiganon P, Ngamjarus C, Dowswell T. Interventions for preventing excessive weight gain during pregnancy. *Cochrane Database Syst Rev* 2012; 4:CD007145.

89. Santry HP, Gillen DL, Lauderdale DS. Trends in bariatric surgical procedures. *JAMA* 2005; 294:1909.
90. Magee SR, Shih G, Hume A. Malabsorption of oral antibiotics in pregnancy after gastric bypass surgery. *J Am Board Fam Med* 2007; 20:310.
91. Dixon JB, Dixon ME, O'Brien PE. Pregnancy after Lap-Band surgery: management of the band to achieve healthy weight outcomes. *Obes Surg* 2001; 11:59.
92. Weiss HG, Nehoda H, Labeck B, et al. Pregnancies after adjustable gastric banding. *Obes Surg* 2001; 11:303.
93. Marceau P, Kaufman D, Biron S, et al. Outcome of pregnancies after biliopancreatic diversion. *Obes Surg* 2004; 14:318.
94. Beard JH, Bell RL, Duffy AJ. Reproductive considerations and pregnancy after bariatric surgery: current evidence and recommendations. *Obes Surg* 2008; 18:1023.
95. Eid GM, Cottam DR, Velcu LM, et al. Effective treatment of polycystic ovarian syndrome with Roux-en-Y gastric bypass. *Surg Obes Relat Dis* 2005; 1:77.
96. American College of Obstetricians and Gynecologists. ACOG practice bulletin no. 105: bariatric surgery and pregnancy. *Obstet Gynecol* 2009; 113:1405.
97. Wax JR, Cartin A, Wolff R, et al. Pregnancy following gastric bypass for morbid obesity: effect of surgery-to-conception interval on maternal and neonatal outcomes. *Obes Surg* 2008; 18:1517.
98. Dao T, Kuhn J, Ehmer D, et al. Pregnancy outcomes after gastric-bypass surgery. *Am J Surg* 2006; 192:762.
99. Patel JA, Patel NA, Thomas RL, et al. Pregnancy outcomes after laparoscopic Roux-en-Y gastric bypass. *Surg Obes Relat Dis* 2008; 4:39.
100. Rand CS, Macgregor AM. Medical care and pregnancy outcome after gastric bypass surgery for obesity. *South Med J* 1989; 82:1319.

101. Sheiner E, Edri A, Balaban E, et al. Pregnancy outcome of patients who conceive during or after the first year following bariatric surgery. *Am J Obstet Gynecol* 2011; 204:50.e1.
102. Maggard MA, Yermilov I, Li Z, et al. Pregnancy and fertility following bariatric surgery: a systematic review. *JAMA* 2008; 300:2286.
103. Sheiner E, Levy A, Silverberg D, et al. Pregnancy after bariatric surgery is not associated with adverse perinatal outcome. *Am J Obstet Gynecol* 2004; 190:1335.
104. Weintraub AY, Levy A, Levi I, et al. Effect of bariatric surgery on pregnancy outcome. *Int J Gynaecol Obstet* 2008; 103:246.
105. Johansson K, Chattingius S, Näslund I, et al. Outcomes of pregnancy after bariatric surgery. *N Engl J Med* 2015; 372:814.
106. Richards DS, Miller DK, Goodman GN. Pregnancy after gastric bypass for morbid obesity. *J Reprod Med* 1987; 32:172.
107. Moliterno JA, DiLuna ML, Sood S, et al. Gastric bypass: a risk factor for neural tube defects? Case report. *J Neurosurg Pediatr* 2008; 1:406.
108. Haddow JE, Hill LE, Kloza EM, Thanhauser D. Neural tube defects after gastric bypass. *Lancet* 1986; 1:1330.
109. Stothard KJ, Tennant PW, Bell R, Rankin J. Maternal overweight and obesity and the risk of congenital anomalies: a systematic review and meta-analysis. *JAMA* 2009; 301:636.
110. Ledoux S, Msika S, Moussa F, et al. Comparison of nutritional consequences of conventional therapy of obesity, adjustable gastric banding, and gastric bypass. *Obes Surg* 2006; 16:1041.
111. Weissman A, Hagay Z, Schachter M, Dreazen E. Severe maternal and fetal electrolyte imbalance in pregnancy after gastric surgery for morbid obesity. A case report. *J Reprod Med* 1995; 40:813.
112. Smets KJ, Barlow T, Vanhaesebrouck P. Maternal vitamin A deficiency and neonatal microphthalmia: complications of biliopancreatic diversion? *Eur J Pediatr* 2006; 165:502.

113. Van Mieghem T, Van Schoubroeck D, Depiere M, et al. Fetal cerebral hemorrhage caused by vitamin K deficiency after complicated bariatric surgery. *Obstet Gynecol* 2008; 112:434.
114. Eerdekens A, Debeer A, Van Hoey G, et al. Maternal bariatric surgery: adverse outcomes in neonates. *Eur J Pediatr* 2010; 169:191.
115. Guelinckx I, Devlieger R, Vansant G. Reproductive outcome after bariatric surgery: a critical review. *Hum Reprod Update* 2009; 15:189.
116. Recker RR. Calcium absorption and achlorhydria. *N Engl J Med* 1985; 313:70.
117. Poitou Bernert C, Ciangura C, Coupaye M, et al. Nutritional deficiency after gastric bypass: diagnosis, prevention and treatment. *Diabetes Metab* 2007; 33:13.
118. Oken E, Taveras EM, Kleinman KP, et al. Gestational weight gain and child adiposity at age 3 years. *Am J Obstet Gynecol* 2007; 196:322.e1.
119. Schieve LA, Cogswell ME, Scanlon KS, et al. Prepregnancy body mass index and pregnancy weight gain: associations with preterm delivery. The NMIHS Collaborative Study Group. *Obstet Gynecol* 2000; 96:194.
120. Mercer BM, Macpherson CA, Goldenberg RL, et al. Are women with recurrent spontaneous preterm births different from those without such history? *Am J Obstet Gynecol* 2006; 194:1176.
121. Institute of Medicine. *Weight gain during pregnancy: Reexamining the guidelines*, 2009.
122. Persson LÅ, Arifeen S, Ekström EC, et al. Effects of prenatal micronutrient and early food supplementation on maternal hemoglobin, birth weight, and infant mortality among children in Bangladesh: the MINIMat randomized trial. *JAMA* 2012; 307:2050.
123. Bhutta ZA, Das JK, Rizvi A, et al. Evidencebased interventions for improvement of maternal and child nutrition: what can be done and at what cost? *Lancet* 2013; 382:452.
124. Christian P, Black RE. Food, micronutrients, and birth outcomes. *JAMA* 2012; 307:2094.
125. Haider BA, Bhutta ZA. Multiplemicronutrient supplementation for women during pregnancy. *Cochrane Database Syst Rev* 2012; 11:CD004905.

126. Livelli di assunzione di riferimento per la popolazione italiana (LARN), Societa' Italina di Nutrizione Umana, 2014.
127. Delgado H, Lechtig A, Yarbrough C, et al. Maternal nutritional effects on infant growth and development and birthspacing. In: Nutritional Impacts on Women, Moghissi KS, Evans TN (Eds), Harper and Row, Hagerstown, MD 1977. p.133.
128. AbuSaad K, Fraser D. Maternal nutrition and birth outcomes. *Epidemiol Rev* 2010; 32:5.
129. De Giuseppe R, Roggi C, Cena H. n-3 LC-PUFA supplementation: effects on infant and maternal outcomes. *Eur J Nutr.* 2014 Aug;53(5):1147-54.
130. Haggarty P. Effect of placental function on fatty acid requirements during pregnancy. *Eur J Clin Nutr.* 2004 Dec;58(12):1559-70.
131. Innis SM. Trans fatty intakes during pregnancy, infancy and early childhood. *Atheroscler Suppl* 2006; 7:17.
132. Institute of Medicine, Food and Nutrition Board, Committee on Nutritional Status During Pregnancy. Part II: Dietary intake and nutrient supplements. National Academy Press; Washington, DC 1990.
133. Moos MK, Dunlop AL, Jack BW, et al. Healthier women, healthier reproductive outcomes: recommendations for the routine care of all women of reproductive age. *Am J Obstet Gynecol* 2008; 199:S280.
134. Dietary reference intakes for calcium and vitamin D. www.iom.edu/vitamind (Accessed on December 03, 2010).
135. U.S. Preventive Services Task Force. Folic acid for the prevention of neural tube defects: U.S. Preventive Services Task Force recommendation statement. *Ann Intern Med* 2009; 150:626.
136. Wolff T, Witkop CT, Miller T, et al. Folic acid supplementation for the prevention of neural tube defects: an update of the evidence for the U.S. Preventive Services Task Force. *Ann Intern Med* 2009; 150:632.

137. McNulty B, McNulty H, Marshall B, et al. Impact of continuing folic acid after the first trimester of pregnancy: findings of a randomized trial of Folic Acid Supplementation in the Second and Third Trimesters. *Am J Clin Nutr* 2013; 98:92.
138. Louwman MW, van Dusseldorp M, van de Vijver FJ, Thomas CM, Schneede J, Ueland PM, Refsum H, van Staveren WA. Signs of impaired cognitive function in adolescents with marginal cobalamin status. *Am J Clin Nutr*. 2000 Sep;72(3):762-9.
139. Rothman KJ, Moore LL, Singer MR, et al. Teratogenicity of high vitamin A intake. *N Engl J Med* 1995; 333:1369.
140. WHO. Safe vitamin A dosage during pregnancy and lactation: recommendations and report of a consultation, 1998.
141. Seely EW. Calcitropic hormones in preeclampsia: a renewal of interest. *J Clin Endocrinol Metab*. 2007 Sep;92(9):3402-3.
142. Clifton-Bligh RJ, McElduff P, McElduff A. Maternal vitamin D deficiency, ethnicity and gestational diabetes. *Diabet Med*. 2008 Jun;25(6):678-84.
143. DeRegil LM, Palacios C, Ansary A, et al. Vitamin D supplementation for women during pregnancy. *Cochrane Database Syst Rev* 2012; 2:CD008873.
144. ACOG Committee on Obstetric Practice. ACOG Committee Opinion No. 495: Vitamin D: Screening and supplementation during pregnancy. *Obstet Gynecol* 2011; 118:197.
145. Institute of Medicine. Report at a Glance, Report Brief: Dietary reference intakes for calcium and vitamin D, released 11/30/2010.
146. Smedts HP, de Vries JH, Rakhshandehroo M, et al. High maternal vitamin E intake by diet or supplements is associated with congenital heart defects in the offspring. *BJOG* 2009; 116:416.
147. Gilboa SM, Lee KA, Cogswell ME, et al. Maternal intake of vitamin E and birth defects, national birth defects prevention study, 1997 to 2005. *Birth Defects Res A Clin Mol Teratol* 2014; 100:647.

148. Boskovic R, Gargaun L, Oren D, et al. Pregnancy outcome following high doses of Vitamin E supplementation. *Reprod Toxicol* 2005; 20:85.
149. Brunetti-Pierri N, Hunter JV, Boerkoel CF. Gray matter heterotopias and brachytelephalangi chondrodysplasia punctata: a complication of hyperemesis gravidarum induced vitamin K deficiency? *Am J Med Genet A*. 2007 Jan 15;143A(2):200-4.
150. Haider BA, Olofin I, Wang M, et al. Anaemia, prenatal iron use, and risk of adverse pregnancy outcomes: systematic review and metaanalysis. *BMJ* 2013; 346:f3443.
151. Cantor AG, Bougatsos C, Dana T, et al. Routine iron supplementation and screening for iron deficiency anemia in pregnancy: a systematic review for the U.S. Preventive Services Task Force. *Ann Intern Med* 2015; 162:566.
152. Institute of Medicine. Iron deficiency anemia: Recommended guidelines for the prevention, detection, and management among U.S. children and women of childbearing age. National Academy Press; Washington, DC 1993.
153. www.dietaryguidelines.gov (Accessed on November 2, 2015).
154. Hacker AN, Fung EB, King JC. Role of calcium during pregnancy: maternal and fetal needs. *Nutr Rev* 2012; 70:397.
155. Weinsier RL, Krumdieck CL. Dairy foods and bone health: examination of the evidence. *Am J Clin Nutr*. 2000 Sep;72(3):681-9.
156. Hofmeyr GJ, Lawrie TA, Atallah AN, Duley L, Torloni MR. Calcium supplementation during pregnancy for preventing hypertensive disorders and related problems. *Cochrane Database Syst Rev*. 2014 Jun 24;6:CD001059.
157. Buppasiri P, Lumbiganon P, Thinkhamrop J, Ngamjarus C, Laopaiboon M, Medley N. Calcium supplementation (other than for preventing or treating hypertension) for improving pregnancy and infant outcomes. *Cochrane Database Syst Rev*. 2015 Feb 25;2:CD007079.
158. Ota E, Mori R, Middleton P, et al. Zinc supplementation for improving pregnancy and infant outcome. *Cochrane Database Syst Rev* 2015; 2:CD000230.

159. Connelly KJ, Boston BA, Pearce EN, et al. Congenital hypothyroidism caused by excess prenatal maternal iodine ingestion. *J Pediatr* 2012; 161:760.
160. StagnaroGreen A, Abalovich M, Alexander E, et al. Guidelines of the American Thyroid Association for the diagnosis and management of thyroid disease during pregnancy and postpartum. *Thyroid* 2011; 21:1081.
161. Connelly KJ, Boston BA, Pearce EN, et al. Congenital hypothyroidism caused by excess prenatal maternal iodine ingestion. *J Pediatr* 2012; 161:760.
162. Thomas Jde V, CollettSolberg PF. Perinatal goiter with increased iodine uptake and hypothyroidism due to excess maternal iodine ingestion. *Horm Res* 2009; 72:344.
163. Nishiyama S, Mikeda T, Okada T, et al. Transient hypothyroidism or persistent hyperthyrotropinemia in neonates born to mothers with excessive iodine intake. *Thyroid* 2004; 14:1077.
164. www.Reprotox.org (Accessed on october 28, 2015).
165. CohenAddad N, Chatterjee M, Bekersky I, Blumenthal HP. In uteroexposure to saccharin: a threat? *Cancer Lett* 1986; 32:151.
166. Butchko HH, Stargel WW, Comer CP, et al. Aspartame: review of safety. *Regul Toxicol Pharmacol* 2002; 35:S1.
167. Grosso LM, Bracken MB. Caffeine metabolism, genetics, and perinatal outcomes: a review of exposure assessment considerations during pregnancy. *Ann Epidemiol* 2005; 15:460.
168. Peck JD, Leviton A, Cowan LD. A review of the epidemiologic evidence concerning the reproductive health effects of caffeine consumption: a 2000-2009 update. *Food Chem Toxicol* 2010; 48:2549.
169. Weng X, Odouli R, Li DK. Maternal caffeine consumption during pregnancy and the risk of miscarriage: a prospective cohort study. *Am J Obstet Gynecol* 2008; 198:279.e1.

170. CARE Study Group. Maternal caffeine intake during pregnancy and risk of fetal growth restriction: a large prospective observational study. *BMJ* 2008; 337:a2332.
171. Jahanfar S, Jaafar SH. Effects of restricted caffeine intake by mother on fetal, neonatal and pregnancy outcome. *Cochrane Database Syst Rev* 2013; 2:CD006965.
172. Carson G, Cox LV, Crane J, et al. Alcohol use and pregnancy consensus clinical guidelines. *J Obstet Gynaecol Can* 2010; 32:S1.
173. Broussard CS, Louik C, Honein MA, et al. Herbal use before and during pregnancy. *Am J Obstet Gynecol* 2010; 202:443.e1.
174. Louik C, Gardiner P, Kelley K, Mitchell AA. Use of herbal treatments in pregnancy. *Am J Obstet Gynecol* 2010; 202:439.e1.
175. Facchinetti F, Pedrielli G, Benoni G, et al. Herbal supplements in pregnancy: unexpected results from a multicentre study. *Hum Reprod* 2012; 27:3161.
176. Conover EA. Herbal agents and overthecounter medications in pregnancy. *Best Pract Res Clin Endocrinol Metab* 2003; 17:237.
177. Belew C. Herbs and the childbearing woman. Guidelines for midwives. *J Nurse Midwifery* 1999; 44:231.
178. McFarlin BL, Gibson MH, O'Rear J, Harman P. A national survey of herbal preparation use by nurse midwives for labor stimulation. Review of the literature and recommendations for practice. *J Nurse Midwifery* 1999; 44:205.
179. Bayles BP. Herbal and other complementary medicine use by Texas midwives. *J Midwifery Womens Health* 2007; 52:473.
180. Marcus DM, Snodgrass WR. Do no harm: avoidance of herbal medicines during pregnancy. *Obstet Gynecol* 2005; 105:1119.
181. Friedman JM. Teratology society: presentation to the FDA public meeting on safety issues associated with the use of dietary supplements during pregnancy. *Teratology* 2000; 62:134.

182. FughBerman A. Herbal medicinals: selected clinical considerations, focusing on known or potential drug herb interactions. *Arch Intern Med* 1999; 159:1957.
183. Buehler BA. Interactions of herbal products with conventional medicines and potential impact on pregnancy. *Birth Defects Res B Dev Reprod Toxicol* 2003; 68:494.
184. Fox NS, Rebarber A, Roman AS, et al. Weight gain in twin pregnancies and adverse outcomes: examining the 2009 Institute of Medicine guidelines. *Obstet Gynecol* 2010; 116:100.
185. Fox NS, Saltzman DH, Kurtz H, Rebarber A. Excessive weight gain in term twin pregnancies: examining the 2009 Institute of Medicine definitions. *Obstet Gynecol* 2011; 118:1000.
186. Pettit KE, Lacoursiere DY, Schrimmer DB, et al. The association of inadequate mid-pregnancy weight gain and preterm birth in twin pregnancies. *J Perinatol* 2015; 35:85.
187. Goodnight W, Newman R, Society of Maternal-Fetal Medicine. Optimal nutrition for improved twin pregnancy outcome. *Obstet Gynecol* 2009; 114:1121.
188. Muktabhant B, Lumbiganon P, Ngamjarus C, Dowswell T. Interventions for preventing excessive weight gain during pregnancy. *Cochrane Database Syst Rev* 2012; 4:CD007145.
189. Elliott-Sale KJ, Barnett CT, Sale C. Exercise interventions for weight management during pregnancy and up to 1 year postpartum among normal weight, overweight and obese women: a systematic review and meta-analysis. *Br J Sports Med* 2015; 49:1336.
190. Domenjoz I, Kayser B, Boulvain M. Effect of physical activity during pregnancy on mode of delivery. *Am J Obstet Gynecol* 2014; 211:401.e1.
191. Poyatos-León R, García-Hermoso A, Sanabria-Martínez G, et al. Effects of exercise during pregnancy on mode of delivery: a meta-analysis. *Acta Obstet Gynecol Scand* 2015; 94:1039.
192. Nascimento SL, Surita FG, Cecatti JG. Physical exercise during pregnancy: a systematic review. *Curr Opin Obstet Gynecol* 2012; 24:387.
193. Tinloy J, Chuang CH, Zhu J, et al. Exercise during pregnancy and risk of late preterm birth, cesarean delivery, and hospitalizations. *Womens Health Issues* 2014; 24:e99.

194. Barakat R, Perales M, Bacchi M, et al. A program of exercise throughout pregnancy. Is it safe to mother and newborn? *Am J Health Promot* 2014; 29:2.
195. Barakat R, Pelaez M, Montejo R, et al. Exercise throughout pregnancy does not cause preterm delivery: a randomized, controlled trial. *J Phys Act Health* 2014; 11:1012.
196. Artal R, Wiswell R, Romem Y, Dorey F. Pulmonary responses to exercise in pregnancy. *Am J Obstet Gynecol* 1986; 154:378.
197. Collings CA, Curet LB, Mullin JP. Maternal and fetal responses to a maternal aerobic exercise program. *Am J Obstet Gynecol* 1983; 145:702.
198. Artal R, Romem Y, Paul RH, Wiswell R. Fetal bradycardia induced by maternal exercise. *Lancet* 1984; 2:258.
199. Martínez-Frías ML, García Mazario MJ, Caldas CF, et al. High maternal fever during gestation and severe congenital limb disruptions. *Am J Med Genet* 2001; 98:201.
200. Milunsky A, Ulcickas M, Rothman KJ, et al. Maternal heat exposure and neural tube defects. *JAMA* 1992; 268:882.
201. Clapp JF 3rd. Fetal heart rate response to running in midpregnancy and late pregnancy. *Am J Obstet Gynecol* 1985; 153:251.
202. Carpenter MW, Sady SP, Hoegsberg B, et al. Fetal heart rate response to maternal exertion. *JAMA* 1988; 259:3006.
203. Wolfe, LA, Lowe-Wyldem, SJ, Tranmer, JE, McGrath, MJ. Fetal heart rate during maternal static exercise. *Can J Sport Sci* 1988; 13:95.
204. ACOG Committee Obstetric Practice. ACOG Committee opinion. Number 267, January 2002: exercise during pregnancy and the postpartum period. *Obstet Gynecol* 2002; 99:171.
205. Exercise in Pregnancy. Royal College of Obstetricians and Gynecologists Statement, 2006.
206. Chaddha V, Simchen MJ, Hornberger LK, et al. Fetal response to maternal exercise in pregnancies with uteroplacental insufficiency. *Am J Obstet Gynecol* 2005; 193:995.

207. Ertan AK, Schanz S, Tanriverdi HA, et al. Doppler examinations of fetal and uteroplacental blood flow in AGA and IUGR fetuses before and after maternal physical exercise with the bicycle ergometer. *J Perinat Med* 2004; 32:260.
208. Hackett GA, Cohen-Overbeek T, Campbell S. The effect of exercise on uteroplacental Doppler waveforms in normal and complicated pregnancies. *Obstet Gynecol* 1992; 79:919.
209. Artal R, Fortunato V, Welton A, Constantino N, Khodiguian N, Villalobos L, et al. A comparison of cardiopulmonary adaptations to exercise in pregnancy at sea level and altitude. *Am J Obstet Gynecol* 1995;172: 1170–1180
210. Camporesi EM. Diving and pregnancy. *Semin Perinatol* 1996; 20:292.
211. Katz VL, McMurray R, Berry MJ, Cefalo RC. Fetal and uterine responses to immersion and exercise. *Obstet Gynecol* 1988; 72:225.