

### Effect of Nutrition in Preventing Pregnancy Related Complications

Complication	Control (750)	Nutrition (750)
Pre-eclampsia	59 (78.7/1000)	0
Eclampsia	5 (6.7/1000)	0
Low birth weight (<5lbs)	37 (49.3/1000)	0
Stillbirth	20 (26.7/1000)	0
Infant Mortality	41 (54.6/1000)	3 (4.0/1000)

Adapted from Tompkins, Winslow

"The Significance of Nutrition Deficiency in Pregnancy: A Preliminary Report"  
*J. Int'l College of Surgeons* 4:447-454, 1941

### Consequences of Salt Restriction During Pregnancy

Complication	High Salt	Low Salt
Toxemia	38/1019	97/1000
Perinatal Deaths	27/1019	50/1000
Abruptio Placenta	17/1019	32/1000
Cesarean	9/1019	14/1000

Adapted from "Salt in Pregnancy"  
*Lancet* 1:178-181, 1958



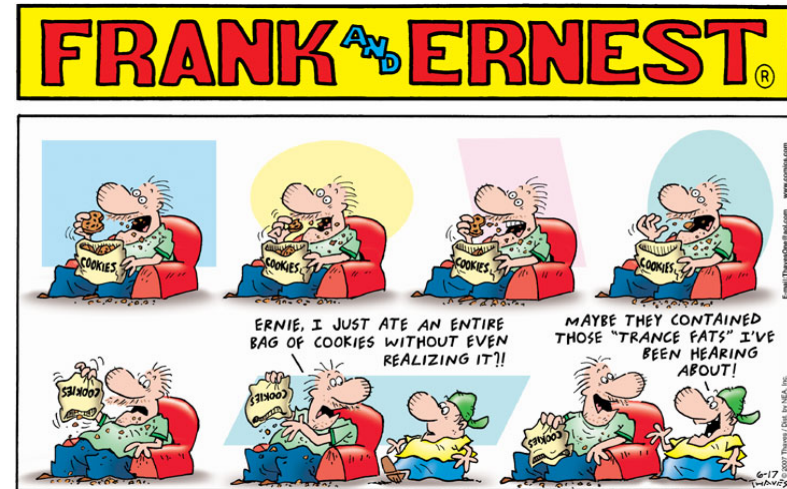
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### Physical Condition of Infants vs. Quality of Maternal Diet During Pregnancy

Diet (protein intake)	Infant Rating				
	Superior	Good	Fair	Poor	Toxemia
Good-Excellent (>75)	42	52	3	3	0
Fair (56-74)	6	44	44	5	8
Poor-Very Poor (<55)	3	6	25	67	44

Poor rating includes stillborn, neonatal death, premature, immature, and grossly malformed infants

Harvard Study: BS Bertz & HC Stuart *J Nutrition* 26:569-563, 1943



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