

Effect of a milk-based food supplement on maternal nutritional status and fetal growth in underweight Chilean women

Mardones-Santander,

Rosso,

Stekel,

Ahumada,

Llaguno,

Pizarro,

Salinas,

Vial,

Walter,

The effects on pregnancy outcome and maternal iron status of powdered milk (PUR) and a milk-based fortified product (V-N) were compared in a group of underweight gravidas. These take-home products were distributed during regular prenatal visits. Women in the V-N group had greater weight gain (12.29 vs 11.31 kg, $p < 0.05$) and mean birth weights (3178 vs 3105 g, $p < 0.05$) than those in the PUR group. Values for various indicators of maternal Fe status were also higher in the V-N group. Compared with self-selected noncompliers, similar in all control variables to compliers, children of women who consumed powdered milk or the milk-based fortified product had mean birth weights that were higher by 258 and 335 g, respectively. Data indicate a beneficial effect of the fortified product on both maternal nutritional status and fetal growth. The effects on maternal and infant weight gain and maternal iron status of powdered milk (PUR) and a milk-based fortified product (V-N) were compared in und