

Netting MJ Does maternal diet during pregnancy and lactation affect outcomes in offspring Systemic review Nutrition 2014 30 1225-41

妊娠中・授乳中の母親の食事と児のアレルギー疾患



- 目的：この研究は妊娠中・母乳中の母親の食事と児のアレルギー疾患との関係調査することである。
- 方法：2011年8月までに出版された研究において母親の食事介入試験または妊娠中・授乳中の母親の食事と児のアレルギー発症（湿疹、喘息、花粉症、アレルギー感作）との関係について調べた。
- 結果：42の論文（4万人以上）を検討した。4編は後視的コホート研究、1編はケースコントロール研究であった。無作為コントロール試験において妊娠中の一般的な食物アレルゲン除去した食事では児の湿疹、喘息の有症率に有意差はなかった。大規模な前視的コホート研究でははあ帆やの食事と児のアレルギーとは殆ど有意差を認めなかった。大規模な前視的コホート研究でははあ帆やの食事と児のアレルギーとは殆ど有意差を認めなかった。果物、野菜、魚、ビタミンD豊富な食べ物や地中海食は児のアレルギー疾患リスクを僅かに下げた。野菜油、マーガリン、ナッツ、ファーストフードはアレルギーのハイリスクであった。
- 結論：このレビューでは**母親の食事と児のアレルギー疾患との関連を認めなかった。しかし母親の地中海食パターン（果物、野菜、ビタミンDを含む食事）は有益である可能性があり、さらなる研究が必要である。**

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Does maternal diet during pregnancy and lactation affect outcomes in offspring? A systematic review of food-based approaches.

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Abstract

OBJECTIVES:

The aim of this study was to investigate the relationship between maternal diet during pregnancy and lactation and development of atopic disorders in childhood.

METHODS:

We included studies published up to August 2011 that assessed food-based maternal dietary interventions or that examined associations between maternal dietary intake

during pregnancy and/or lactation and allergic outcomes (eczema, asthma, hay fever, and sensitization) in their children.

RESULTS:

We included 42 studies (>40 000 children): 11 intervention studies (including 7 randomized control trials), 26 prospective cohort studies, 4 retrospective cohort studies, and 1 case-control study. In the randomized control trials, no significant difference was noted overall in the prevalence of eczema and asthma in the offspring of women on diets free from common food allergens during pregnancy. The prospective cohorts investigated a large number of potential associations, but reported few significant associations between maternal dietary intake and development of allergy. Maternal diets rich in fruits and vegetables, fish, and foods containing vitamin D and Mediterranean dietary patterns were among the few consistent associations with lower risk for allergic disease in their children. Foods associated with higher risk included vegetable oils and margarine, nuts, and fast food.

CONCLUSION:

This review did not find widespread or consistent links between mothers' dietary intake and atopic outcomes in their children. However, maternal consumption of Mediterranean dietary patterns, diets rich in fruits and vegetables, fish, and vitamin D-containing foods were suggestive of benefit, requiring further evaluation.