

### **Table 3.** Nutritional risk factors during pregnancy\*\*\*

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Prepregnancy weight very lower than ideal weight

Insufficient weight gain

Adolescent pregnancy, particularly within first 2 years of menarche

Psychological, social, cultural, religious and economic factors that may lead to insufficient nutritional status

Obstetrics problems like previous delivery of low birth weight infant

Chronic diseases like diabetes, thyroid, PKU and sickle cell anemia

Multi-pregnancy

Eating disorders

Pica

Food allergy or intolerance

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(\*\*\*) Institute of Medicine. Nutrition During Pregnancy. Part I Weight Gain. Washington, DC: Food and Nutrition Board. National Academy of Sciences, 1990