

**Title:** Pre-pregnancy body mass index associated with salty foods preference in second trimester of gestation

Name: Alejandra Castañeda Díaz de León[1], Alma Gabriela Martínez Moreno[1], Claudia M.E. Hunot Alexander[2], Mónica Navarro Meza[1,3]

[1]Eating Behavior and Nutrition Investigation Center, CUSur, University of Guadalajara, [2]Department of Human Reproduction, Child growth and development, CUCS, University of Guadalajara, [3]Molecular Chronic Disease Biology Investigation Center, CUSur, University of Guadalajara

Preference for sugars, fats and sodium had been related to obesity and weight gain in adults. Changes in food preferences during pregnancy had been identified, however there is few evidence related to food preferences, gestational weight gain (GWG) and pre-pregnancy body mass index (PPBMI). The present study aims were identify preference for salty, sweet and fatty foods as well as GWG and PPBMI in second trimester of pregnant women from Ciudad Guzman, Jalisco, Mexico. In this cross sectional study participated 66 pregnant women (26 first trimester, 24 second trimester and 16 third trimester, age 23.7±4.7) and 36 non-pregnant women. Preference data was gathered from PrefQuest (Cronbach's alpha = 0.8). Weight and height was registered, pre-pregnancy body mass index (BMI) and GWG was calculated. Data were tested for normality test, correlations were determined by Pearson test ($p < 0.05$) The results indicated a negative correlation between the preference for salty *($p=0.023$)*, fatty salt ($p=0.027$) and overall salty foods *($p=0.019$)* and PPBMI during second trimester. Besides, in the group of women in second trimester with normal PPBMI, salty ($p=0.016$), fatty salt ($p= 0.024$) and overall salty ($p=0.019$) foods preference correlated positively with GWG also, in women with pre-pregnancy overweight fatty salt preference was correlated negatively with GWG ($p= 0.047$). These results suggest that GWG and PPBMI could be related with preference for salty and fatty foods in women in second trimester. Further investigation is needed to validated if salty and fatty foods preference during second trimester of pregnancy are related with inadequate GWG and PPBMI.

**Biography**

Alejandra Castañeda Díaz de León has a degree in Nutrition and is a current student of Master in Behavioral Science with orientation to Food and Nutrition at the Eating Behavior and Nutrition Investigation Center in Guzman City, Jalisco, Mexico. She has published 3 papers and presented 10 posters and 2 conferences in national and international congresses.

**Presenting author details**
Full name: Alejandra Castañeda Díaz de León
Contact number: 444 3102691
Twitter account: @Aleja_Castaned
Linked In account: Alejandra Castañeda Díaz de León

Session name/ number: Pregnancy nutrition
Category: Poster presentation