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Dietary intake of acrylamide during pregnancy and its relation with birth weight and head circumference of newborns in Egypt

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Maternal diet during pregnancy is an important factor for a healthy growing newborn. Acrylamide has been found to be formed in many cooked starchy foods, such as potato chips, French fries, bread, biscuits, breakfast cereals or crackers during frying, roasting, toasting, baking, and grilling. A regular maternal acrylamide intake may affect the nutritional status of the newborn. The study aimed to assess the dietary intake of acrylamide for Egyptian pregnant women and its association with birth weight and head circumference of their newborns. A cross-sectional study was conducted on 200 pregnant women at 3rd trimester attending El-Shatby Obstetrics and Gynecology Hospital for delivery and their newborns as well. Data about socio-demographic characteristics and frequency of foods containing high levels of acrylamide consumption were collected from each pregnant woman. Birth weight and head circumference were measured for each newborn immediately after delivery. Twenty Cord blood samples were collected in heparinized tubes and analyzed using GC-electron capture detector in order to detect the presence of acrylamide. Dietary acrylamide intake was 41.8 μ g/day. Birth weight and head circumference had a reverse significant association with high intake of acrylamide. Awareness about proper nutrition during pregnancy is an important factor in reducing the dietary intake of acrylamide during pregnancy. The intake of acrylamide during pregnancy should be monitored along with checking any changes in the fetal weight during the antenatal visits. Appropriate nutrition education program for pregnant women is necessary to raise the awareness of pregnant women about the kind of acrylamide-containing foods to decrease its consumption. A healthy diet should be eaten during pregnancy.

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