

Fathers' food choice has a lasting effect on future health of babies: study

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The Queensland Family Cohort study, led by The University of Queensland and Mater Research, identified an urgent need for targeted public health messaging to improve the diets of soon-to-be parents.

Principal Investigator Professor Vicki Clifton said the study found pregnant women's dietary intake was strongly influenced by their partner.

“Healthy eating during pregnancy provides the unborn child with an important foundation for future good health, but many pregnant women aren't meeting the recommended Australian Dietary Guidelines.

“The research suggests better education and support for partners could help improve the eating habits of expectant mums, which in turn will make the foetus healthier and the future risk of disease.”