

High fruit consumption not linked to gestational diabetes

29 March 2012



consumption. Further studies are warranted to confirm our observations," the authors write.

More information: [Abstract](#)
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(HealthDay) -- Higher consumption of whole fruits prior to pregnancy is not associated with increased risk of gestational diabetes mellitus (GDM), and the association between fruit juice consumption and GDM appears to be nonlinear, according to a study published online March 23 in *Diabetes Care*.

To investigate the association between prepregnancy consumption of fruit and [fruit juice](#) and GDM, Liwei Chen, M.D., Ph.D., of Louisiana State University Health Science Center in New Orleans, and colleagues conducted a prospective study among 13,475 pregnant women participating in the Nurses' Health Study II from 1991 to 2001.

The researchers found that 860 women reported a first diagnosis of GDM. From the lowest (referent) to highest quintile of whole [fruit consumption](#), the adjusted relative risks for GDM were 1.00, 0.80, 0.90, 0.80, and 0.93, respectively. For fruit juice, the corresponding relative risks for GDM were 1.00, 0.82, 0.78, 0.84, and 1.00.

"Our data suggest that prepregnancy higher consumption of whole fruits is not associated with increased GDM risk. The association of fruit juices with GDM risk appears to be nonlinear, with the lowest risk being among women with modest

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