Traditional vegetable diet lowers the risk of premature babies
14 April 2020

Professor Gita Mishra said the study suggested dietary intervention and strategies to change behavior might be helpful when women start thinking about having a baby.

"People born prematurely face a greater risk of metabolic and chronic diseases in adulthood, as well as poor cognitive development and academic performance," Professor Mishra said.

Premature births, which are births before 37 weeks of gestation, are the leading cause of death in Australian children and affect 8.5 percent of births each year, a figure which is trending upwards.

The research was part of the Australian Longitudinal Study on Women's Health, a large ongoing population-based study of more than 57,000 women investigating the role of socio-demographic, biological, physical, environmental and behavioral factors on health and well-being.

The study is published in the American Journal of Clinical Nutrition.


Provided by University of Queensland