

**Table 3: Daily dietary intake of pregnant women measured between 24 and 30 weeks' gestation\***

Variable†	Control n = 93	Intervention n = 99	Recommended intake‡
Energy, kJ	11 090 (4239)	11 558 (3244)	–
Carbohydrate, g	345 (164)	356 (115)	–
Protein, g	109 (50)	112 (45)	63
Fat, g	96 (44)	102 (38)	–
Folate, µg	290 (165)	320 (153)	475
Vitamin B <sub>12</sub> , µg	5 (0.49)	5 (3.1)	3
Vitamin C, mg	217 (183)	232 (155)	40
Iron, mg	21 (16)	21 (12.1)	18–23
Zinc, mg	12 (8.2)	14 (6.9)	15
Total vitamin A, RE	1000 (1286)	1053 (631)	900
Calcium, mg	1081 (747)	1216 (655)	1300
Dietary fibre, g	14 (11)	14 (7)	–
Cholesterol, mg	415 (273)	425 (235)	–
Caffeine, mg	210 (147)	160 (180)§	–

\*The nutrient content of supplements is not included. Dietary data for 22 women (12 controls, 10 intervention) were not available between 24 and 30 weeks' gestation.

†Values are means (and standard deviation).

‡Derived from Health and Welfare Canada recommendations.<sup>17</sup>

§Significant difference from control,  $p < 0.05$ .

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