

SUPPLEMENTATION OF OMEGA-3 FATTY ACIDS (DHA) IMPACTS FETAL & INFANT BRAIN DEVELOPMENT

GESTATIONAL DIABETES MELLITUS (GDM)

elevated blood sugar or glucose levels (hyperglycemia) and impaired glucose tolerance during pregnancy



BOTH CONDITIONS MAY IMPACT

Maternal Omega-3 status

Placental Omega-3 growth and metabolism.

PREECLAMPSIA

high blood pressure (140/90 mm Hg or more) on two occasions, along with a second condition of renal insufficiency or impaired liver function occurring after 20 weeks gestation

Studies have shown that reduced DHA in cord blood may impair neurodevelopment and have negative consequences for:

MEMORY



SCHOOL PERFORMANCE



Pregnant and breastfeeding women need **at least 200 mg DHA per day***

95%

Up to 95% of pregnant women and women of child-bearing age do not consume enough Omega-3 fatty acids or meet EPA & DHA Dietary Guidelines for Americans.



Women with preeclampsia have reduced Omega-3 concentration in their placentas compared to women with healthy pregnancies.



In both GDM and preeclampsia pregnancies, cord blood levels of DHA are lower than levels in normal pregnancies



In pregnant women with GDM and preeclampsia, there is reduced transfer of DHA through the placenta, putting the fetus at risk for impaired neurodevelopment.