

# MINT

Mother and Infant Nutrition Study

## Body Composition Research with Moms & Babies

- With the MINT study, we are examining how changes in fat and muscle mass during pregnancy and postpartum influence both maternal and infant health.
- Previous research does not take into account the pattern of pregnancy weight gain or specific components of weight gain and how it impacts infants' weight and health.
- Weight gain includes both fat and lean tissue, such as bone, muscle, and mineral content.
- Our work may help to establish clinical practice guidelines and personalized guidance for pregnancy weight gain, postpartum weight changes, and nutrition to improve the health of mothers and babies.

## Body Composition Assessment with DXA

- DXA, Dual Energy X-Ray Absorptiometry, measures body composition and bone mineral levels in children and adults.
- For MINT, we plan to perform DXA scans of mothers and children in order to obtain the most accurate assessment of body composition changes over time (in combination with our other measurements).
- DXA is the only whole-body body composition method available to assess children from 6 to 24 months and has been used for research across the United States and abroad, including the American College of Radiology and the Society for Pediatric Radiology.
- The DXA scan is non-invasive, and the amount of radiation used is much less compared to the standard X-ray. The effective radiation dose from a whole body DXA scan (< 10 microSieverts) is similar to the normal background radiation received over one day at sea level (a single chest X-ray is 50 uSv).
- Participants will lie still on their back on an open table and have the scanning arm pass over them. The maternal DXA scan will take approximately 5 minutes. The infant scan will take approximately 3 minutes to perform. You will receive a copy of your results after the scan.



For more information, contact the Widen Lab at [widen.lab@austin.utexas.edu](mailto:widen.lab@austin.utexas.edu)