

You and your child could help us understand nutrition and health during and after pregnancy

Who are we?

We are researchers at The University of Texas at Austin who study how body weight, fat changes, and nutritional status during pregnancy relate to infant and mom health.

Who are we looking for?

We are looking for pregnant women who:

- Are at least 18 years old
- Are in their first trimester (less than 14 weeks)
- Have not had diabetes, weight loss surgery, or significant weight change (gained or lost)
- Are not breastfeeding
- Do not have claustrophobia
- Are non-smokers
- Live in the Austin area and plan to deliver their babies at:
 - Seton Medical Center on 38th Street
 - St. David's Medical Center on 32nd Street
 - St. David's North Austin Medical Center



What will you be asked to do?

- Attend visits during and after pregnancy with your baby
- Complete questionnaires on your wellbeing, breastfeeding, health behaviors, and diet
- Have body measurements, MRI scans, and Fit 3D scans taken to measure your body fat changes
- Allow us to collect blood, urine, and other bio-samples
- Have baby's body fat and growth measured

****You will receive \$350 if you complete all of the study visits, and other gifts including a scale and baby items.****

Why is this study important?

This research is important for developing evidence-based dietary and weight gain recommendations and clinical practice guidelines.

To see if you're eligible,

Call: (512) 471 – 0941

Email: Widen.Lab@austin.utexas.edu

Visit: <http://sites.utexas.edu/mint/>

