

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 in their first trimester:

- Who have no history of diabetes, weight loss surgery or weight loss greater than 5% of bodyweight
- Who are not currently breastfeeding
- Who can have an MRI (no claustrophobia, no pacemaker, etc.)
- Who are non-smokers
- Who intend to have their babies at Seton Medical Center on 38th Street, St. David's Medical Center on 32nd Street, or St. David's North.

What will you be asked to do?

- Attend visits during and after pregnancy with your baby
- Complete questionnaires regarding psychosocial wellbeing, breastfeeding, health behaviors, and diet
- Have measurements, MRIs and Fit 3D scans taken to measure body fat changes
- Allow us to collect blood, urine and other bio-samples at several visits

***You will receive \$350 if you complete all of the study visits, as well as 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.

For more information contact the Widen Lab at widen.lab@austin.utexas.edu or call the Research Coordinator at 512-471-0941.