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Eating for Two in Pregnancy: Health outcomes in pregnant women and their children

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Eating for Two in Pregnancy: Health outcomes in pregnant women and their children

- I. A calorie is a calorie: total energy intake but not the dietary source of energy intake is associated with gestational weight gain (*this thesis*)
- II. Low omega-6 fatty acid concentrations in mid-pregnancy are associated with a lower prevalence of excessive gestational weight gain (*this thesis*)
- III. High maternal vitamin B12 levels in pregnancy are associated with a reduced risk of preterm birth (*this thesis*)
- IV. Children of women with high protein intake during pregnancy have a higher body mass index, but this is mainly due to a higher fat-free mass (*this thesis*)
- V. Maternal dietary acid load is not involved in the aetiology of hypertensive complications in pregnancy (*this thesis*)
- VI. Null findings should be equally valued as positive findings
- VII. People are fed by the Food Industry, which pays little attention to health, and are treated by the Health Industry, which pays little attention to food (*adapted from Wendell Berry*)
- VIII. Multidrug-resistant microorganisms are like epidemiologists; they make simple things complicated
- IX. As a result of the abolishment of the Dutch basic study grant, enrolment in academia will be more restricted to the elite
- X. The enjoyment of writing a thesis increases exponentially by each cup of coffee but effect-modification by coffee quality exists
- XI. It is good to have an end to journey toward; but it is the journey that matters, in the end (*Ursula K. Le Guin*)

Myrte J. Tielemans

Rotterdam, 29 juni 2016