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**Periconceptional maternal nutrition  
and embryonic growth and morphological development**

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1. Maternal periconceptional adherence to a dietary pattern high in fish and olive oil and low in meat intake is positively associated with first trimester embryonic growth and morphological development according to the Carnegie stages (**this thesis**)
2. Periconceptional optimization of the maternal plasma total homocysteine concentration as biomarker of one-carbon metabolism is associated with increased embryonic growth and accelerated morphological development according to the Carnegie stages (**this thesis**)
3. There is a positive association between maternal periconceptional adherence to a dairy-rich dietary pattern and prenatal cerebellar growth, with a greater effect in the first trimester than later in pregnancy (**this thesis**)
4. An accurate embryonic morphological evaluation by means of the century old Carnegie classification could represent a useful methodology for early prenatal risk assessment, improvement of subsequent fetal growth parameters and more precise pregnancy dating (**this thesis**)
5. First trimester embryonic morphological development according to the Carnegie stages is comparable between pregnancies achieved after assisted reproductive technologies and spontaneous conception, as well as between male and female fetuses (**this thesis**)
6. 'Two things are infinite: the universe and human stupidity; and I'm not sure about the universe' (**A. Einstein**)
7. 'Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing' (**Voltaire**)
8. Racism dehumanizes our society. Immigration should always represent a possibility, as it gives the opportunity to learn from diversity, to integrate and overcome limits, and to finally grow with a new enriched identity.
9. Genius and chance are the driving forces of great discoveries, in art as well in medicine.
10. Italians should learn from Dutch people how to save money, strictly plan their life and give directly their opinion.
11. 'Love, which pardons no one loved from loving in return, seized me for his beauty so strongly that, as you see, it still does not abandon me' (**D. Alighieri**)