

Prenatal Nutrition and Early Childhood Behaviour

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1. Lower maternal adherence to a Mediterranean diet and higher adherence to a Traditionally Dutch diet during pregnancy are associated with a higher risk of child behavioural problems in early childhood. (this thesis)
2. Children of mothers with folate deficiency during early pregnancy have more emotional problems. (this thesis)
3. There is little evidence that folate concentrations in early pregnancy are associated with autistic traits in the offspring. (this thesis)
4. Higher maternal docosahexaenoic acid status as well as a higher omega-3 to omega-6 ratio in blood plasma during mid-pregnancy is associated with a lower risk of child emotional problems. (this thesis)
5. Lower maternal omega-3 to omega-6 ratio in blood plasma during mid-pregnancy is associated with more autistic traits in the offspring. (this thesis)
6. 'The accuracy of any statistical analysis is limited by the accuracy of the information upon which it is based' (Case, 1954); in this context, nutritional epidemiology and behavioural science are partners in crime.
7. More than 35 years after psychologists demonstrated the importance of using multi-informant assessments in observational studies of psychopathology, the majority of epidemiological findings is still based on single-informant reports of problem behaviour.
8. The art of publishing non-groundbreaking scientific results lies in good salesmanship.
9. 'True wisdom comes to each of us when we realise how little we understand about life, ourselves and the world around us.' (Socrates)
10. Studying prenatal nutrition while being pregnant does not automatically make you a role model of dietary choices; rather, it makes you feel guilty when giving in to food cravings.
11. When men start treating their pregnant wife to bits of fried cod, the term 'fatty fish' is in desperate need of reconsideration.