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
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