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Wednesday, 21st March 2012

Eating salmon twice a week is beneficial for [maternal and newborn health](#), new research has revealed.

A team at the University of Granada in Spain analysed blood and urine samples from two groups of pregnant women with low fish intake, one of which continued with their normal diet while the other ate salmon from a specialist fish farm from 20 weeks' gestation onwards.

When the food was eaten twice a week, omega-3 fatty acid levels were higher in both mothers and newborns, while the researchers concluded the diet the mums-to-be ate did not increase oxidative stress.

Biomarkers for lipid oxidation and oxidative damage to DNA were not affected by eating salmon at this frequency, it was explained, while antioxidant defences in women and their infants were improved, with higher concentrations of selenium and retinol found in their blood, which could protect against oxidative stress.

The US Environmental Protection Agency advises against eating fish high in mercury during pregnancy, such as shark, swordfish, king mackerel and tilefish.

Posted by Paul Robertson

Related News

[Abuse 'fuels HIV epidemic among women in the US'](#)

Tuesday, 20th March 2012
Women with [HIV](#) in the US are more likely to have suffered trauma or have post traumatic stress disorder (PTSD) than those who are uninfected and two studies have suggested this history of abuse has a hand in driving the spread of the disease in the nation.

[Gestational diabetes may be linked to HGF/c-MET signalling pathway](#)

Monday, 19th March 2012
[Maternal and newborn health](#) researchers have discovered a possible link between problems with a cell-signalling pathway and the development of gestational diabetes.

The pregnancy complication, in which a woman's blood sugar heightens while carrying a child, can lead to poor outcomes for both mother and infant.