



March 20, 2012

531 people powered

Other search tools: [Drugs](#) | [Health](#) | [News](#)[Terms](#) [Submit News](#)

<< [Improvements in trauma care could save two million lives](#) | [Maryland DHMH awards CSI to replace state's Medicaid Management Information System](#) >>

Read in | [English](#) | [Español](#) | [Français](#) | [Deutsch](#) | [Português](#) | [Italiano](#) | [□□□](#) | [□□□](#) | [□□](#) | [□□](#) | [Nederlands](#) | [Русский](#) | [Svenska](#) | [Polski](#)

Eating salmon benefits pregnant women and their babies

Published on March 19, 2012 at 10:23 AM · [No Comments](#)[Recommend](#) 1[Share](#) 1 0

Ads by Google

British Expats in Spain

Compare your current expat medical insurance policy and save money.

www.comparetheexpat.com

Visible Wavelength Fibers

Broadband single-mode and low loss. Collimated output and easy coupling

www.nktphotonics.com/fiber_delivery

Now Foods - UK Stocks

Excellent Range - Best Prices, Quantity Discounts, 24Hr Dispatch

www.BigVits.co.uk

Ask a Doctor Online Now

A Doctor Will Answer You Now! Questions Answered Every 9 Seconds.

Health.JustAnswer.com

Médicos en línea Ahora

5 Médicos están Online Ahora. Pregunte y obtenga su respuesta ya!

Medicina.JustAnswer.es

Medical Insurance Spain

Expat Cover in Spain & Portugal. Get a Quote and Buy today!

www.ibexinsure.com/MedicalInsurance

MIHealth Forum 2012

Gestión Clínica y Sostenibilidad Del 24 al 25 de Mayo en Barcelona

MIhealthforum.com

Cholesterol SuperFoods

The Top Secret Foods To Reduce Cholesterol Fast. Free Report

www.thecholesteroltruth.com/Diet

University of Granada researchers have proven that eating two servings of salmon reared at a fish farm (enriched with omega-3 fatty acids and only slightly contaminated) a week during pregnancy is beneficial both for the mother and child.

This research study -conducted within the framework of a Project funded by the Framework Program called The Salmon in Pregnancy Study (SiPS)- reveals that intake of salmon increases omega-3 fatty acid levels both in the mother and child and improves their **antioxidant** defenses; the cause is the **selenium** and retinol content of salmon. In addition, salmon does not alter **oxidative stress** levels, inflammatory and vascular homeostasis.

To carry out this study, a randomized sample of pregnant women with low fish intake was selected. The sample was divided into two groups: the control group -which continued with their regular diet- and the Salmon group -which incorporated two servings of "treated" salmon from 20 weeks of gestation until term. The salmon used in this study had been reared in a fish farm under a controlled diet including specific ingredients (vegetable oils and food as algae and zooplankton); through this diet the salmon became rich in omega-3 fatty acids and presented high concentrations of antioxidant vitamins -as Vitamins A and E- and selenium; in addition fish contained low contaminant levels.

Blood and Urine Samples

Blood and urine samples were taken from the two groups, who were also asked to complete a questionnaire of food habits at weeks 20 and 34 of gestation -which provide information about food intake during the previous 12 weeks. Subsequently, blood and urine samples were taken again at week 38 of gestation and at labor, and also cord blood samples were taken.

Continued on Next page >>

Posted in: [Child Health News](#) | [Women's Health](#)

Tags: [Antioxidant](#), [Carbohydrate](#), [Diet](#), [DNA](#), [Metabolism](#), [Omega-3 Fatty Acid](#), [Oxidative Stress](#), [Pregnancy](#), [Retinol](#), [Selenium](#)