

評価対象論文リスト(要因:野菜・果物、アウトカム:早産・低出生体重児・在胎不当過小児)

評価判定日:2024/3/28

①既存の系統的レビュー・メタ解析・統合解析

1	Gete DG, Waller M, Mishra GD. Effects of maternal diets on preterm birth and low birth weight: a systematic review. Br
2	Kibret KT, Chojenta C, Gresham E, Tegegne TK, Loxton D. Maternal dietary patterns and risk of adverse pregnancy (Hypertensive disorders of pregnancy and gestational
3	Grieger J, Clifton V. A review of the impact of dietary intakes in human pregnancy on infant birthweight. Nutrients.

②日本人集団の個別疫学研究

4	Yamashita T, Obara T, Yonezawa Y, et al. Dietary patterns before and during pregnancy and small for gestational age in Japan: a prospective birth cohort study. Nutr J.
5	Yonezawa Y, Obara T, Yamashita T, et al. Fruit and vegetable consumption before and during pregnancy and birth weight of new-borns in Japan: the Tohoku medical
6	Okubo H, Miyake Y, Sasaki S, et al. Maternal dietary patterns in pregnancy and fetal growth in japan: the osaka maternal and child health study. Br J Nutr.

■コホート研究(コホートのプール解析含む)

Reference			Study subjects					Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	Magnitude of association	
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or deaths							Participant's race
Yonezawa Y, Obara T, Yamashita T, Sugawara J, Ishikuro M, Murakami K, Noda A, Ueno F, Suzuki S, Suganuma H, Kuriyama S.	Fruit and vegetable consumption before and during pregnancy and birth weight of newborns in Japan: the Tohoku medical megabank project birth and three-generation cohort study	2020	2013.7-2017.3 (registered)	17,610	mot 東北3世代コホート	LBW 951 (5.4%)								
						Fruit (pre to early pregnancy) (total fruit consumption (g/d) 152.1±142.2)	first quartile	reference		adjusted				
							second quartile	OR 0.81 (0.68-0.98)						
							third quartile	OR 0.76 (0.62-0.92)						
							fourth quartile	OR 0.79 (0.65-0.95)	0.01	↓				
						Fruit (early to mid-pregnancy) (total fruit consumption (g/d) 146.8±129.0)	first quartile	reference		adjusted				
							second quartile	OR 0.88 (0.72-1.06)						
							third quartile	OR 1.01 (0.84-1.22)						
							fourth quartile	OR 0.83 (0.69-1.01)	0.22	-				
						Vegetables (pre to early pregnancy) (total vegetable consumption (g/d) 155.3±112.9)	first quartile	reference		adjusted				
							second quartile	OR 1.00 (0.83-1.22)						
							third quartile	OR 1.00 (0.82-1.23)						
	fourth quartile	OR 1.07 (0.88-1.32)	0.57	-										
Vegetables (early to mid-pregnancy) (total vegetable consumption (g/d) 146.5±92.5)	first quartile	reference		adjusted										
	second quartile	OR 1.05 (0.87-1.28)												
	third quartile	OR 0.95 (0.78-1.16)												
	fourth quartile	OR 1.04 (0.85-1.28)	0.97	-										
Okubo H, et al.,	Maternal dietary patterns in pregnancy and fetal growth in Japan: the Osaka Maternal and Child Health Study	2012	2001.11-2003.3 (registered)	803 Japanese	the Osaka Maternal and Child Health Study	SGA								
							Japanese	Rice, fish and vegetables	OR 1.00 (Reference)	adjusted				
								Wheat products	OR 5.24 (1.33, 24.4)					
								Meat and eggs	OR 4.32 (0.92, 20.3)					