

評価対象論文リスト(要因:乳製品、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:2024/7/26

①既存の系統的レビュー・メタ解析・統合解析

1	Huang D, Wu Q, Xu X, et al. Maternal consumption of milk or dairy products during pregnancy and birth outcomes: a systematic review and dose-response meta-analysis. <i>Front Nutr.</i> 2022;9:900529. doi:10.3389/fnut.2022.900529
2	Mayer-Davis E, Leidy H, Mattes R, et al. Beverage Consumption during Pregnancy and Birth Weight: A Systematic Review. U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion, Nutrition Evidence Systematic Review; 2020. doi:10.52570/NESR.DGAC2020.SR0402
3	Pérez-Roncero GR, López-Baena MT, Chedraui P, Pérez-López FR. The effect of consuming milk and related products during human pregnancy over birth weight and perinatal outcomes: A systematic review and meta-analysis. <i>European Journal of Obstetrics & Gynecology and Reproductive Biology.</i> 2020;251:235-245. doi:10.1016/j.ejogrb.2020.05.061
4	Gete DG, Waller M, Mishra GD. Effects of maternal diets on preterm birth and low birth weight: a systematic review. <i>Br J Nutr.</i> 2020;123(4):446-461. doi:10.1017/S0007114519002897
5	Achón M, Úbeda N, García-González Á, Partearroyo T, Varela-Moreiras G. Effects of milk and dairy product consumption on pregnancy and lactation outcomes: a systematic review. <i>Advances in Nutrition.</i> 2019;10:S74-S87. doi:10.1093/advances/nmz009
6	Kjøllesdal MKR, Holmboe-Ottesen G. Dietary Patterns and Birth Weight-a Review. <i>AIMS Public Health.</i> 2014;1(4):211-225. Published 2014 Nov 3. doi:10.3934/publichealth.2014.4.211
7	Derbyshire E. The value of consuming a calcium-rich diet: a focus on pregnancy. <i>Br J Nurs.</i> 2008;17(13):856-858. doi:10.12968/bjon.2008.17.13.30539

②日本人集団の個別疫学研究

8	Miyake Y, Tanaka K, Okubo H, Sasaki S, Furukawa S, Arakawa M. Milk intake during pregnancy is inversely associated with the risk of postpartum depressive symptoms in Japan: the Kyushu Okinawa Maternal and Child Health Study. <i>Nutrition Research.</i> 2016;36(9):907-913. doi:10.1016/j.nutres.2016.06.001
9	Japan Environment and Children's Study (JECS) Group, Ito M, Takamori A, et al. Fermented foods and preterm birth risk from a prospective large cohort study: the Japan Environment and Children's study. <i>Environ Health Prev Med.</i> 2019;24(1):25. doi:10.1186/s12199-019-0782-z

■メタ解析、系統的レビュー

all studies are "during pregnancy as exposure, intake"

Gete DG, Waller M, Mishra GD. Effects of maternal diets on preterm birth and low birth weight: a systematic review. Br J Nutr. 2020;123(4):446-461. doi:10.1017/S0007114519002897

Table 4より作成

References	Exposures	Outcomes	Association	Adjusted OR	95% CI	Exposure measures
Heppe et al. (40)	Milk product	Preterm	⇔			Yogurt, yogurt drinks, cheese, butter, quark, pudding, ice cream (dairy cream based) and cream/creamers. Categorised by 0-1, 1-2, 2-3, and 3 glasses/d
Myhre et al. (48)	Probiotic milk or yogurt	Preterm	↓	0.86	0.74, 0.99	High intake of probiotic food item: Biola milk (Tine, Oslo, Norway), Biola yogurt (Tine) or probiotic milk (Probiotic food item B: Cultural milk [Tine])
Heppe et al. (40)	Milk product	SGA	⇔			Yogurt, yogurt drinks, cheese, butter, quark, pudding, ice cream (dairy cream based) and cream/creamers. Categorised by 0-1, 1-2, 2-3, and 3 glasses/d
Olmedo et al. (52)	Dairy products	SGA	↓	0.89	0.83, 0.96	High intake of yogurt, cheese, ice cream and custard
Olsen et al. (54)	Milk product	SGA	↓	0.51	0.39, 0.65	Milk consumption (200 ml/d) and yogurt (150 ml/d) aggregated into glasses/d in eight categories intake of cheese and ice cream was excluded

	Include study		Pooled analysis	Relative risk (95% CI or p)	Magnitude of association
	Country	exposure			
LBW 5 studies	sweden	Dairy products	5 studies meta-analysis	P=0.4451	
	Saudi Arabia	Dairy products	5 studies pooled results	P=0.4646	
	China	Milk	Dairy products (2 studies)	RR = 0.70, 95% CI =0.33, 1.50	-
	Mexico	Yogurt			
	Brazil	Milk			
PTB 5 studies	Netherlands	Dairy products	MLmethod estimated that this dose-response relationship	P=0.6632	
	America	Dairy products	Dairy products (1.89 servings dairy products per day)	RR = 1.13, 95% CI =0.87, 1.47	-
	sweden	Dairy products			
	Mexico	Yogurt			
	Brazil	Milk			
SGA 7 studies	Netherlands	Dairy products	MLmethod estimated that this dose-response relationship	P=0.6632	
	New Zealand	Dairy products	Dairy products (maximam 7.2 servings per day)	RR = 0.69, 95% CI =0.56, 0.85	↓
	Denmark	Dairy products			
	Spain	Dairy products			
	Spain	Dairy products			
	China	Dairy products			
	Brazil	Milk			

Pérez-Roncero GR, López-Baena MT, Chedraui P, Pérez-López FR. The effect of consuming milk and related products during human pregnancy over birth weight and perinatal outcomes: A systematic review and meta-analysis. *European Journal of Obstetrics & Gynecology and Reproductive Biology*. 2020;251:235-245. doi:10.1016/j.ejogrb.2020.05.061

Exposure	Outcome	Number of included studies	Relative risk (95% CI or p)	Magnitude of association
Consumption of a milk and related products: higher vs lower	PTB	3	1.09 (0.82, 1.44)	-
	LBW	5	0.63 (0.48, 0.84)	↓↓
	SGA	6	0.69 (0.56, 0.84)	↓

■コホート研究(コホートのプール解析含む)

Author	Title	Year	Outcome	Category	Number among cases	Relative risk (95%CI or p)	P for trend	Magnitude of association
Ito M, Takamori A, Yoneda S, Shiozaki A, Tsuchida A, Matsumura K, et al.	Fermented foods and preterm birth risk from a prospective large cohort study: the Japan environment and children's study.	2019	PTB	Yogurt, n (%)		(Adjusted OR*)		
				< 1 time a week	28/844	reference	-	
				1-4 times a week	33/1097	0.89 (0.50-1.57)	0.678	
				≥ 5 times a week	12/566	0.65 (0.30-1.38)	0.261	
				Cheese, n (%)				
				< 1 time a week	33/1161	reference	-	
				1-2 times a week	26/782	1.40 (0.79-2.49)	0.247	
≥ 3 times a week	14/564	0.86 (0.42-1.78)	0.686					

*Adjusted for mother age, BMI, smoking history, parity, previous, educational background, household income and working ≥42 h/week, (B) mother age, BMI, smoking history, parity, previous, educational background, household income and working ≥42 h/week and part-timer.