

Table 5 Relationship between maternal intake of food rich in micronutrients during the third trimester and birth weight and BMI for both sexes

Food group/ maternal frequency of intake	No. of neonates	Neonatal parameters		
		Boys	Girls	Both
		Weight (kg)	Weight (kg)	BMI (kg/m ²)
		Mean (SD)	Mean (SD)	Mean (SD)
<i>Milk & milk products</i>				
Once a week	42	2.97 (0.37)	3.03 (0.30)	13.0 (1.1)
Twice a week	48	3.47 (0.47)	3.31 (0.52)	13.6 (1.7)
Alternate/every day	26	3.47 (0.41)	3.33 (0.54)	13.4 (1.7)
<i>F-value</i>		3.38	1.43	0.75
<i>P-value</i>		< 0.001	0.099	0.822
<i>Fruits</i>				
Once a week	38	3.12 (0.34)	3.02 (0.26)	12.9 (1.2)
Twice a week	26	3.29 (0.52)	3.15 (0.53)	13.1 (1.5)
Alternate/every day	51	3.46 (0.50)	3.64 (0.42)	14.5 (1.4)
<i>F-value</i>		1.72	3.66	3.00
<i>P-value</i>		0.026	< 0.001	0.004
<i>Green leafy vegetables</i>				
Once a week	20	3.05 (0.39)	3.13 (0.52)	13.2 (1.7)
Twice a week	48	3.24 (0.48)	3.19 (0.38)	13.3 (1.3)
Alternate/every day	48	3.44 (0.48)	3.21 (0.49)	13.3 (1.3)
<i>F-value</i>		2.55	1.06	1.98
<i>P-value</i>		< 0.001	0.409	0.045

BMI = body mass index; SD = standard deviation.