Maternal Nutrition and Perinatal Outcomes
Mary Barger PhD, MPH, CNM

Resources

Glycemic Index for Foods

*University of Sydney:* [www.glycemicindex.com/](http://www.glycemicindex.com/)

Evidenced-based Nutrition Resources

- *CDC Nutrition Topics:* [www.cdc.gov/nutrition/index.html](http://www.cdc.gov/nutrition/index.html)
- *Brown University Nutrition Academic Award Center:* [http://med.brown.edu/nutrition/](http://med.brown.edu/nutrition/)
  - Rapid Eating Assessment for Patients (REAP) tool
  - WAVE Assessment: Tool to assess weight, activity, and variety of foods eaten on one page
- *The Nutrition Source, Harvard University School of Public Health:* [www.hsph.harvard.edu/nutritionsource/](http://www.hsph.harvard.edu/nutritionsource/)

Share With Women series

*Journal of Midwifery and Women’s Health* and ACNM: [www.midwife.org/Share-With-Women](http://www.midwife.org/Share-With-Women).

Sample relevant titles:

- Eating Safely During Pregnancy [Available in Spanish]
- Folic Acid - What’s it all about?
- Omega-3 Fatty Acids in Pregnancy
- Vitamin D (listed under ‘Primary Care’)
- Weight Gain During Pregnancy [Available in Spanish]
- Women of Size in Pregnancy