

**Omega-3 fatty acids beneficial in pregnancy**

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<b>Clinical Question</b>	How effective are omega-3 long-chain polyunsaturated fatty acids (LCPUFA), as supplements or as dietary additions, during pregnancy on maternal, perinatal, and neonatal outcomes and longer-term outcomes for mother and child.
<b>Bottom Line</b>	Omega-3 LCPUFA, particularly docosahexaenoic acid, supplementation during pregnancy reduced preterm, early preterm birth and low birthweight (LBW), with low cost and little indication of harm. There was a possibly reduced risk of perinatal death and of neonatal care admission, a reduced risk of LBW babies; and possibly a small increased risk of large-for-gestational age babies with omega-3 LCPUFA. The effect on most child development and growth outcomes was minimal or uncertain.
<b>Caveat</b>	Most trials were conducted in upper-middle or high-income countries; and nearly half the trials included women at increased/high risk for factors which might increase the risk of adverse maternal and birth outcomes.
<b>Context</b>	Higher intakes of foods containing omega-3 LCPUFA, such as fish, during pregnancy have been associated with longer gestations and improved perinatal outcomes.
<b>Cochrane Systematic Review</b>	Middleton P et al. <b>Omega-3 fatty acid addition during pregnancy</b> . Cochrane Reviews, 2018, Issue 11. Art. No.: CD003402.DOI: 10.1002/14651858.CD003402.pub3. This review contains 70 studies involving 19,927 participants.

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