# Today’s piece was prepared by Juliana Clough, MD, based on a Wall Street Journal article [Eating Fruit While Pregnant May Boost Your Baby’s Intelligence: Infants whose mothers ate more fruit were smarter one year after birth, a preliminary study shows](http://www.wsj.com/articles/eating-fruit-while-pregnant-may-boost-your-babys-intelligence-1472475602)

The journal presents a new study reporting a positive relationship between the number of servings of fruit eaten during pregnancy and later cognitive performance at 1 year of age.

The researchers used data from Canada’s Child Study of over 3,000 pregnant women over a 5-year period. Cognitive scoring using the Bayley on almost 700 infants at 1 year of age found an increase for each additional daily serving of fruit that the mother consumed during pregnancy, up to 6-7 servings per day. The researchers report similar results in *Drosophila.*

While the title of the article is rather sensational, the article does an excellent job presenting these findings alongside caveats from the researchers themselves and developmental medicine experts. While the authors were able to control for other variables associated with healthy behaviors and infant cognitive development, the experts caution it is unclear whether fruit consumption itself is responsible for the increase in cognitive scores or whether women who eat more servings of fruit tend to adopt healthier behaviors in general. Additionally, the article cautions that too much fruit consumption could potentially carry adverse consequences for mother and baby, such as gestational diabetes.

Overall, the mechanism behind the association of fruit consumption and cognitive scores is not well-understood. It is also unclear if the increases in cognitive scores are clinically significant and if they are maintained beyond 1 year of life. While these questions are still under investigation, the authors of the study recommend that pregnant women stick to previously established nutritional guidelines.

**RESOURCE ON NUTRITION DURING PREGNANCY**

[Nutrition During Pregnancy](http://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy) *American College of Obstetricians site for patients*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!