



Table 1. Data collected at each stage of the MEFAB study

	Pregnancy	Birth	4 years	7 years	12 years
Mother					
Fatty acid profile (ca. 40 different fatty acids) of plasma phospholipids	✓ (at 12, 22 & 32 weeks of gestation)	✓		✓	
Fatty acid profile (ca. 40 different fatty acids) of erythrocyte phospholipids	✓ (at 12, 22 & 32 weeks of gestation)	✓			
Weight, height	✓			✓	✓
Gestational weight gain	✓				
Medication and supplement use	✓				
Medical history (asthma and CVD)	✓			✓	✓
Blood pressure	✓				
Smoking	✓				
Alcohol consumption	✓				
Socio-demographic factors (e.g. age, parity, educational level, employment, activity, presence of pet)	✓			✓	
Breastfeeding status			✓	✓	
Attitude towards eating			✓		
Intelligence			✓	✓	
Father					
Weight, height				✓	✓
Medical history (asthma and CVD)				✓	✓
Educational level, employment			✓		
Attitude towards eating					✓
Child					
Fatty acid profile (ca. 40 different fatty acids) of plasma phospholipids		✓		✓	
Fatty acid profile (ca. 40 different fatty acids) of umbilical artery and vein phospholipids		✓			

Apgar score, pH-value, pCO ₂		✓			
Gestational age		✓			
Head circumference		✓	✓	✓	
Weight, height/length		✓	✓	✓	✓
Body composition				✓ (skinfolds)	✓ (deuterium dilution method)
Waist and hip circumference				✓	
Blood pressure				✓	
Neurodevelopment			✓	✓	
Asthma/Atopy				✓	
Peak flow measurements				✓	
Attendance to daycare center				✓	
Fruit and vegetable consumption					✓
Biochemical analyses (e.g. glucose, insulin, leptin, lipids, CRP, fibrinogen, polymorphisms)				✓	✓
Physical activity				✓	✓