

To the Minister of Health, Welfare and Sport,
the Minister for Medical Care and Sport and
the State Secretary of Health Welfare and Sport

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Subject: offer of two advisory reports: *Dietary recommendations for pregnant women* and *Dietary reference values for vitamins and minerals for pregnant women*

Dear Ministers and State Secretary,

It is my pleasure to offer you two advisory reports on nutrition for pregnant women: *Dietary recommendations for pregnant women* and *Dietary reference values for vitamins and minerals for pregnant women*. Both reports can be downloaded from our website www.gezondheidsraad.nl.

The advisory report entitled *Dietary recommendations for pregnant women* is the first advisory report following the request for advice of 9 June 2017, from the then Minister of Health, Welfare and Sport, on diet and nutrition in the first 1000 days. It is a collection of recommendations on various aspects of nutrition that were drawn up by the Committee on Dietary Recommendations for Pregnant Women set up for this purpose. Additional external experts were consulted for specific topics. The state of scientific knowledge is described in six background documents. As requested, the committee also consulted professionals involved in maternity care. For the draft background documents, public consultations were held, while a consultation among the organisations of professionals was used for the draft advisory report. The results of these consultations are also published today.

The advisory report entitled *Dietary reference values for vitamins and minerals for pregnant women* was prepared by the Standing Committee on Nutrition. This advisory report covers 27 nutrients. The accompanying background document describes the evaluation of and considerations for each nutrient.

A representative of the Netherlands Nutrition Centre sat on both committees as an observer, which enabled the Nutrition Centre to immediately update the information provided to pregnant women based on the new insights.

I endorse both advisory reports.

Today, I also sent the advisory report to the Minister of Agriculture, Nature and Food Quality for information.

Yours truly,

Prof. J.M. Geleijnse,
Vice President