OBSTETRICS & GYNECOLOGY

Clinical Expert Series

Optimal Nutrition for Improved Twin Pregnancy Outcome

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1. The daily recommended caloric intake for women with a normal body mass index (BMI; 18.5–24.9) with twins is:

   A. 20–25 Kcal/day
   B. 30–35 Kcal/day
   C. 40–45 Kcal/day
   D. 50–55 Kcal/day
   E. 60–65 Kcal/day

2. The physiologic changes in blood volume associated with a twin gestation result in which of the following changes?

   A. Increased hematocrit
   B. Decreased concentrations of triglycerides
   C. Increased concentrations of albumin
   D. Increased concentrations of fat-soluble vitamins
   E. Decreased red cell mass

3. The cumulative increase in resting energy expenditure found in twin pregnancies can result in what percentage increase in caloric requirements for the mother?

   A. 10%
   B. 20%
   C. 30%
   D. 40%
   E. 50%

4. The relatively larger placental mass in multiple gestations results in an increase in placental steroid and hormone production, which places the mother at an increased risk for:

   A. Increased hepatic glycogen stores
   B. Ketonemia
   C. Reduced carbohydrate metabolism
   D. Hypoglycemia
   E. Hypercholesterolemia

5. To achieve the greatest likelihood of euglycemia, it has been recommended that the patient with a twin gestation should consume a diet that contains what percentage of carbohydrates?

   A. 35%
   B. 40%
   C. 45%
   D. 50%
   E. 55%

6. For women with a normal prepregnancy body mass index (BMI; 18.5–24.9), studies have demonstrated that optimal twin pregnancy outcome (defined as two living infants, each weighing more than 2,500 grams, born after 37 weeks of estimated gestational age, with 5-minute Apgar scores greater than 7) was associated with a maternal weight gain of:

   A. 5 kg (11 lb)
   B. 10 kg (22 lb)
   C. 15 kg (33 lb)
   D. 20 kg (44 lb)
   E. 25 kg (55 lb)

7. The maternal weight gains that appear to have the greatest impact on fetal growth and ultimate birth weight in twin gestations occur:

   A. Before conception
   B. During the first trimester
   C. During the second trimester
   D. During the third trimester
   E. Equally throughout the pregnancy

8. When compared to Caucasians, the amount of sun exposure needed to convert vitamin D to the active metabolite 1,25-dihydroxyvitamin D that African Americans require is:

   A. One fifth as much
   B. Half as much
   C. The same
   D. Twice as much
   E. Five times as much

9. When compared to singleton pregnancies, twin gestations have a rate of iron deficiency that is approximately:

   A. One quarter as much
   B. One half as much
   C. The same
   D. Twice as much
   E. Four times as much

10. By the second month of life, nursing mothers of twins require an increase in daily caloric intake that approximates:

A. 100–200 Kcal/day
B. 300–400 Kcal/day
C. 500–600 Kcal/day
D. 800–1,000 Kcal/day
E. 1,200–1,500 Kcal/day

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