**Video Transcript:**

What you eat during pregnancy could affect your child’s heart health later in life.

Recent studies identified health and nutrition factors of a mother during pregnancy may be linked to the child’s cardiovascular health at ages 10-14.

And children of mothers who frequently consumed fried food and sugar-sweetened beverages during pregnancy were more likely to have rapid weight gain and be at risk for obesity by age 4.

Optimal blood pressure, body mass index, blood sugar level, total cholesterol and not smoking = a better chance of having children with good cardiovascular health.

To learn more visit: [www.newsroom.heart.org](http://www.newsroom.heart.org)

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