

# MINI Study – Mother and Infant Nutrition Investigation

**Would you like to find out more about your dietary intake  
and nutrient status and its effect on both you and  
your new-born baby?**



**If you are a healthy woman aged 16 or older  
Either in the late stage of pregnancy  
Or have recently given birth  
We would like to hear from you**

## **What would be involved if joining this study?**

- Three Visits to the Human Nutrition Research Unit at Massey University
- Complete questionnaires about food intake, use of supplements, general health
- Complete a Child Development Questionnaire when your baby reaches 4, 8 and 12 months old
- We will measure your body composition and thyroid gland size
- Collect a small urine, blood and/or breastmilk samples and toenail clippings from you
- Collect a small urine sample and nail clippings from your child

**We will continue to follow you and your baby's nutritional health  
until your child is 12 months old**

This project has been reviewed and approved by the Health and Disability Ethics Committee: 15NTA172.

Please contact:

Ms Ying Jin (PhD Scholar) through [mini@massey.ac.nz](mailto:mini@massey.ac.nz)

Or Go to [www.massey.ac.nz/ministudy](http://www.massey.ac.nz/ministudy)

School of Food and Nutrition, Massey University, 027 399 4138/06-951-7556



**MASSEY UNIVERSITY**  
COLLEGE OF HEALTH  
TE KURA HAUORA TANGATA