Results  Lower socioeconomic status, lower per capita income and presence of <20 years old in the household were associated with FI. Of the four dietary patterns identified, “prudent” (dairies, cracker, fruits and meat), “traditional” (rice, beans, vegetables, bread, butter and sugar), “snack” (salty snacks, sandwich cookies and chocolate) and “western” (fast food, processed meat, eggs, sweet-drinks), FI was associated positively with “snack” and negatively with “prudent” and “traditional”. After controlling for potential confounders, FI remained associated positively with “snack” pattern and negatively with “prudent” pattern.

Conclusion  In pregnant women, FI play an important role on the food choices. Identifying high risk groups might be useful to trace public health policies concerning nutritional education and supplementation.

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