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Maternal nutrition and child respiratory outcomes: paradigms of lung health and disease

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Cite this article as: Hanson C, Brigham E. Maternal nutrition and child respiratory outcomes: paradigms of lung health and disease. *Eur Respir J* 2020; 55: 1902437 [https://doi.org/10.1183/13993003.02437-2019].

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Given the large public health burden of obstructive lung diseases, such as asthma and COPD, considerable research has been conducted to identify targeted interventional strategies, with nutrition and dietary intake receiving increasing amounts of attention. Diets rich in antioxidants and omega-3 fatty acids, and low in saturated fats and processed foods (*i.e.* the Mediterranean diet) have been proposed as “respiratory healthy” diets, possibly attenuating the inflammatory response and potentially protecting against disease incidence, prevalence, and morbidity [1–5].