

Baby's health depends on dad's diet before conception, not just mom's

Mothers get all the blame these days but a new paper led suggests that the father's diet before conception may play an equally important role in the health of their offspring. It also raises concerns about the long-term effects of current Western diets and of food insecurity.

The research focused on vitamin B9, also called folate. It is well known that in order to prevent miscarriages and birth defects mothers need to get adequate amounts of folate in their diet. But the way that a father's diet can influence the health and development of their offspring has received almost no attention. The research led by McGill researcher and senior author of the paper Sarah Kimmins shows for the first time that the father's folate levels may be just as important.

Read the full, original story: [Stop Blaming Mom: Sperm Epigenome Shows You May Be What Your Father Eats](#)