



# Evidence reviews

Evidence review

Published: 15 January 2025

[www.nice.org.uk](http://www.nice.org.uk)

The following documents contain the evidence that was used to develop the 2025 recommendations:

- [High-dose folic acid supplementation before and during the first 12 weeks of pregnancy](#)
- [Optimum folic acid supplementation dose before and during the first 12 weeks of pregnancy for those with a BMI  \$25 \text{ kg/m}^2\$  or more](#)
- [Interventions to increase uptake of folic acid supplementation before and during the first 12 weeks of pregnancy](#)
- [Optimum vitamin D dose during pregnancy for those medically classified as being in the overweight or obesity weight categories](#)
- [Interventions to increase uptake of vitamin supplements \(including Healthy Start vitamins\) in line with government advice](#)
- [Healthy and appropriate weight change during pregnancy](#)
- [Interventions for helping to achieve healthy and appropriate weight change during pregnancy](#)
- [Healthy lifestyle interventions for those with gestational diabetes](#)
- [Interventions to increase uptake of healthy eating and drinking advice during pregnancy](#)
- [Approaches and interventions for maintaining breastfeeding beyond 8 weeks after birth](#)
- [Facilitators and barriers for maintaining breastfeeding beyond 8 weeks after birth](#)
- [Facilitators and barriers to follow existing government advice on safe and appropriate formula feeding](#)
- [Facilitators and barriers to continue breastfeeding when returning to work or study](#)
- [Interventions to promote appropriate and timely introduction to solids \(complementary feeding\) for babies from 6 to 12 months](#)
- [Interventions to promote healthy eating and drinking practices, including complementary feeding, in children from 12 months to 5 years](#)
- [Facilitators and barriers to increase the uptake of government advice on folic acid and vitamin supplements](#)
- [Facilitators and barriers to increase the uptake of government advice on healthy eating and drinking in pregnancy](#)
- [Facilitators and barriers to increase the uptake of government advice on appropriate and timely introduction to solids and healthy eating and drinking in children](#)

## Other supporting evidence

- [Methods](#)