Evidence shows epigenetic factors influence fetal development and the size of the infant at birth. This study was seeking to find what foods and nutrients or deficits thereof, in the diets of pregnant Mexican-American, Non-Hispanic White, and Non-Hispanic Black women in the United States might be contributing to the delivery of low birth-weight infants. From this study, the researcher can make three conclusions. First, the lack and/or excess of one or many nutrients may cause low birth weight. It cannot be concluded that the absence or lack of one nutrient alone is the primary cause of low birth weight based on these analyses. Second, this research shows deficits of dietary fiber are associated with low birth weight. Third, the increased consumption of regular fruit drinks and ades and rice is associated with an increased prevalence of low birth weight in the United States.