



UK



By Nicole Le Marie Monday 2 Sep 2013 8:21 pm

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Fast-food family: Laura Dixon with husband Tim and Max, Mia and Mason (Picture: SWNS)

**A vegetarian, told she would never have children, gave birth to triplets after a daily breakfast of McDonald's McMuffins.**

Laura Dixon was unable to get pregnant naturally for ten years before she tried to improve her chances with IVF and by boosting her protein levels.

She piled on 32kg (5st) with McMuffins and Big Breakfasts from McDonald's plus Marks & Spencer sandwiches and dishes from Nando's.

It paid off because Mrs Dixon, 34, had Mia and identical boys Max and Mason at 35 weeks after her final IVF cycle.

The first round of treatment had to be abandoned and she suffered a miscarriage at eight weeks in the second attempt.

'When the sonographer found a third heartbeat I shouted "Oh no" and cried, thinking I'd lose them all,' Mrs Dixon said.

'After losing one baby to a miscarriage, I thought I'd never be able to carry three.

'But my hunger kicked in and despite never eating meat, I craved it. I ate about six meals a day.

'The cravings were so strong that I'd wake up in the night and make my husband go to get me a McDonald's.

'Eating meat definitely helped me get all the protein that you need when you're pregnant.

'I think it could be one of the reasons I managed to carry all three to full term.'

Doctors had earlier told Mrs Dixon, a PA from Essex, she could not have children because of problems with her ovaries.

But her triplets, now 14 months old, were delivered successfully by Caesarean section.

Mia weighed 2.7kg (5lb 15oz), Max was 1.7kg (3lb 12oz) and Mason 2.4kg (5lb 4oz).

Jo Travers, of The London Nutritionist, said: 'There's a lot of evidence that women experience taste changes throughout pregnancy, which can alter their preferences as they progress through the trimesters.'

The NHS recommends that pregnant women avoid raw or partly-cooked eggs, pate and some cheeses but they should eat protein every day.

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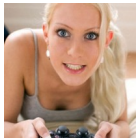
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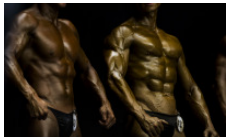
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