

Healthy Diets During Pregnancy

Vegetarian Diet

During pregnancy, you can still follow a vegetarian diet and meet nutritional needs as long as you eat enough protein, iron, vitamin B12, and calcium-rich foods. You can choose from the following foods:

Protein rich foods:

Eggs, dried beans (soybeans, lentils, red kidney beans, etc.), tofu, soy products, nuts and seeds

Vitamin B12 rich foods:

Eggs, milk, breakfast cereal with vitamin B12

Calcium rich foods:

Milk, cheese, yogurt, dark green vegetables, sesame seeds, almonds

Foods with Omega-3 fatty acids:

Oils (perilla, soybean, safflower, canola), walnuts, seeds (chia seeds, sesame seeds, flaxseeds, hemp seeds), and brussel sprouts

Iron rich foods:

Eggs, nuts and seeds, beans, breakfast cereals with iron, whole grains (oats, quinoa), and dark green vegetables

Consume vitamin C-rich foods to increase iron absorption.

Vegetarian mothers are advised to discuss with their doctor about the needs for vitamin and mineral supplements.



Vegan Diet

During pregnancy, a vegan diet has been considered a nutritional challenge. Vegan mothers require a strong awareness to achieve a complete intake of essential nutrients. This diet is at risk of nutritional deficiencies, such as iodine, magnesium, iron, essential fatty acids, vitamin D, calcium, zinc, vitamin B12, and proteins. It is necessary to pay attention to the intake of **fruits and vegetables, nuts and seeds, whole grains, and beans.**

- Choose calcium-rich soy milk, tofu with calcium salt, non-sugar added fruit juice with calcium
- Choose calcium-rich foods such as sesame seeds, almonds, and dark green vegetables (chinese spinach, kale, chinese broccoli, turnip, spinach, etc.)
- Plant foods do not provide vitamin B12. Choose breakfast cereals with vitamin B12 and consider taking vitamin B12 supplements

It is recommended that vegan mothers consult with a dietitian for accurate nutrition education. Talk with your doctor if you plan to take dietary supplements.



Gluten-free Diet

A gluten-free diet is a diet that excludes the protein gluten. Grains such as wheat, barley, and rye contain gluten. A gluten-free diet is essential for managing symptoms of celiac disease and other gluten-related medical conditions. There is little clinical evidence about the health benefits of a gluten-free diet, so it is not necessary to follow a gluten-free diet unless you have celiac disease or gluten-related medical conditions. When following a gluten-free diet, you must choose substitutes that provide nutrients to maintain a healthy diet.

Gluten-free Grains:

- Quinoa
- Millet
- Buckwheat
- Rice (white, brown, and wild rice)

Gluten-free Foods:

- Fresh fruits and vegetables
- Nuts and seeds
- Legumes (beans, lentils, peanuts, etc.)
- Eggs
- Most low-fat dairy products
- Oils and vinegars
- Lean, non-processed meats, seafood, and poultry



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