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The Effects of a Mother's Vegan Diet on Fetal Development

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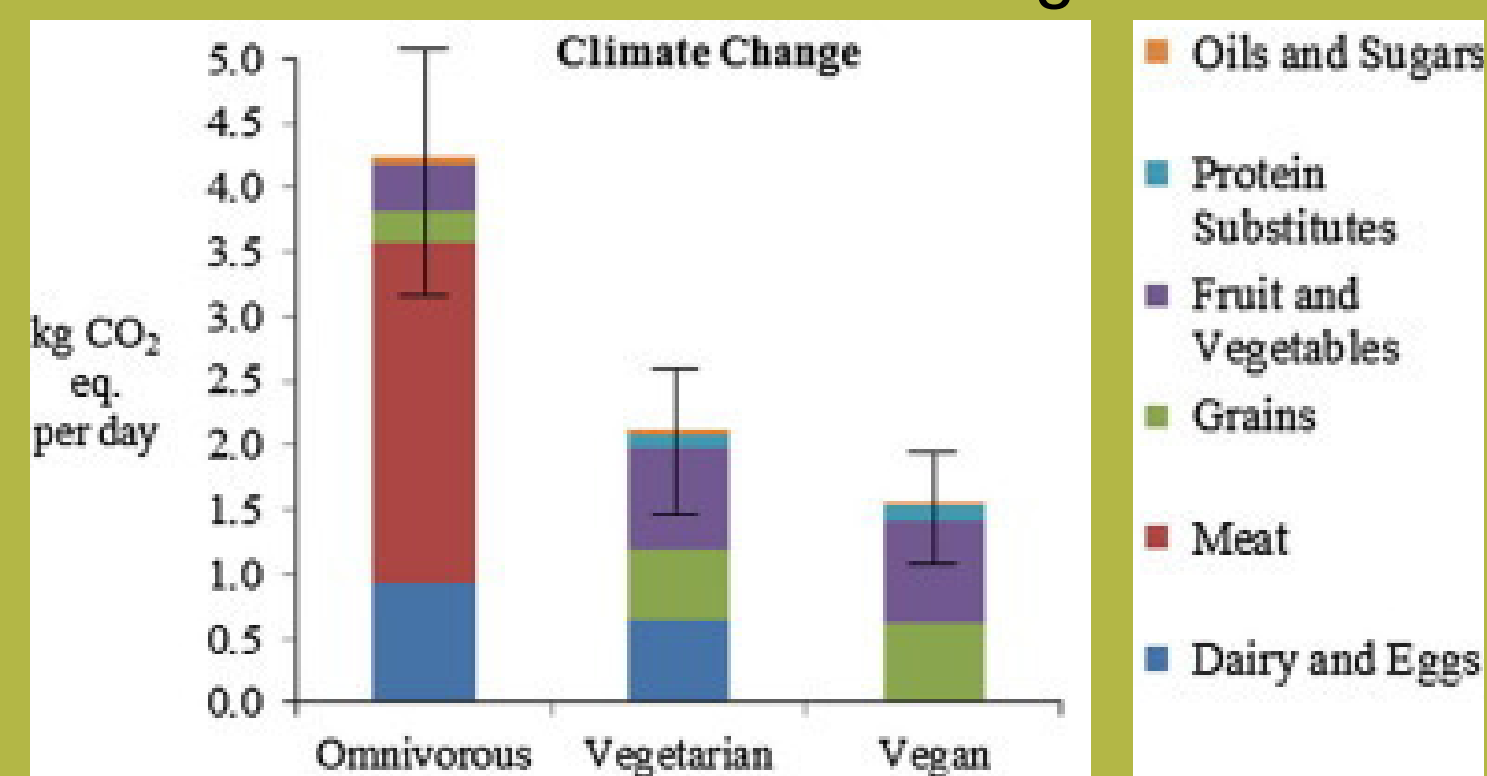
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The Effects of a Mother's Vegan Diet on Fetal Development

Vegan Diet Effects on the Environment

- Meat and Dairy consumption play key roles in food related environmental impact
- Environmental burdens include agricultural land degradation, uncontrolled waste management, groundwater contamination, and greenhouse gas emissions due to livestock digestion

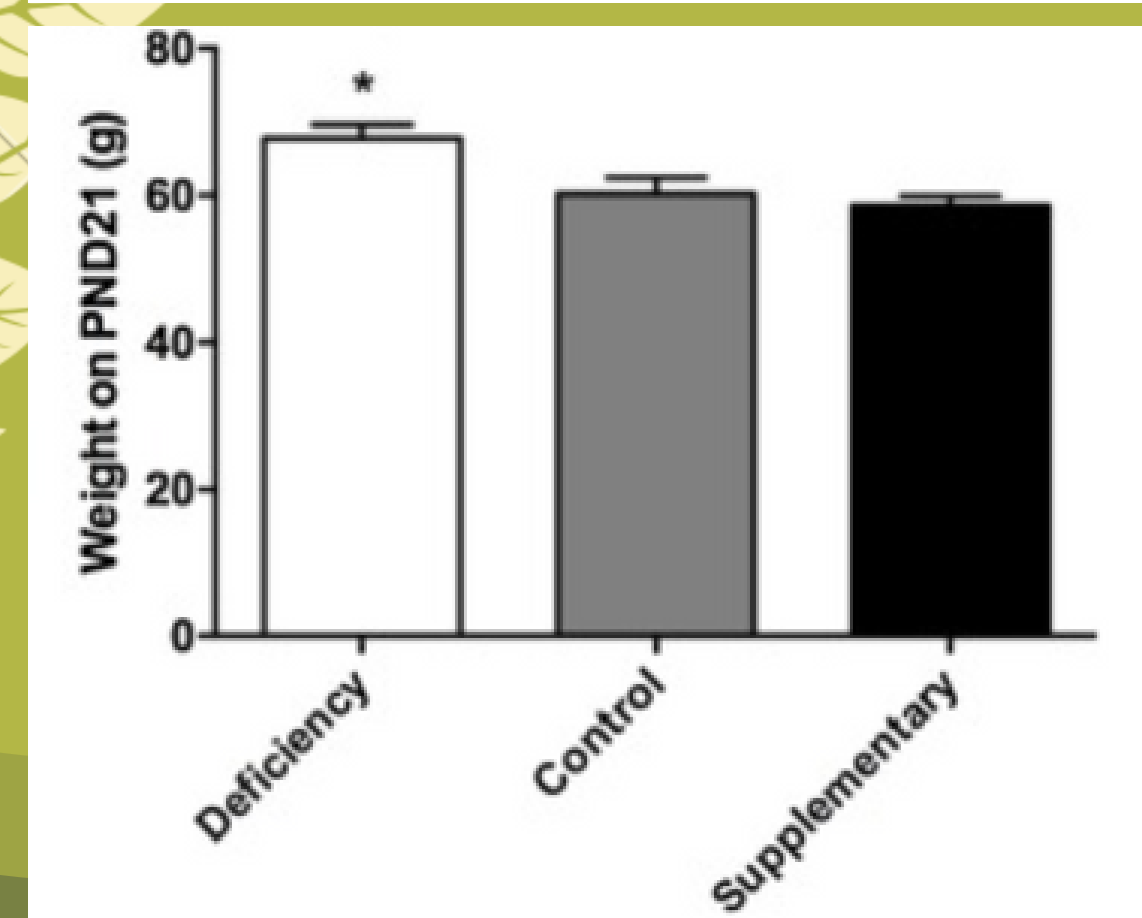
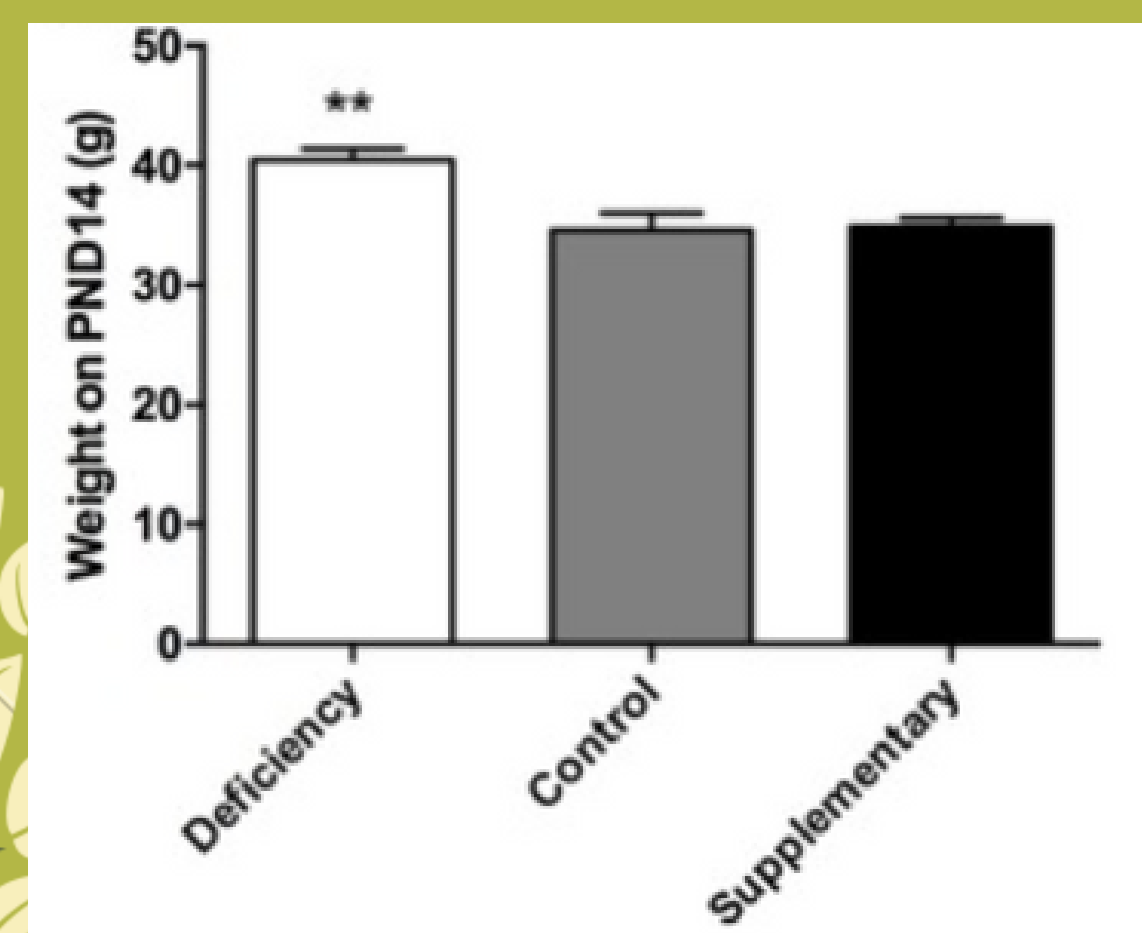


Fatty Acids and Development

- Docosahexaenoic acid and arachidonic acid are long-chain polyunsaturated fatty acids (LC-PUFAs) that are transferred across the placenta and found in the brain/other organs during fetal development
- Low levels of docosahexaenoic acid from the retina and the brain could result in reduced visual function and learning deficits
- LC-PUFAs are central nutrients required for structural lipids and are fundamental to fetal and postnatal development and normal cell function
- The consumption of LC-PUFAs plays a beneficial physiologic and metabolic role in the health of offspring, protecting them from the onset of metabolic disease
- A vegan diet is deficient in many essential vitamins and minerals

How to Supplement a Vegan Diet

- Supplementation of calcium, magnesium, and vitamin B12 may reduce the risk of decreased birth weight and severity of pre eclampsia
- Folate supplementation decreases risk of neural tube defects



How to be Sustainable

- Be more conscious about the decisions you are making, especially when grocery shopping

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