Vegan Diet While Pregnant: Sustainability and Offspring Effects

Polyphenism
The same genotype can lead to different phenotypes via environmental impacts.

Importance of Proper Diet When Pregnant
- Proper amounts of macronutrients and micronutrients to support mother and child
- Early life programming

Sustainability
Creating a balanced environment through social, economic, and environmental means.

Growing Popularity of Vegan Diet

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● Better perceived health
● Animal welfare
● Reduced environmental footprint

Important Inclusions
- Folic Acid: 600 micrograms per day helps to ensure proper neural tube development
- Calcium: 1 gram per day helps to maintain proper bone density in mother and child
- Iodine: 220 micrograms per day helps support normal brain development

Conclusions
Properly planned vegan diets can be beneficial to the environment, and are nutritionally-sound for both mother and child during pregnancy.

Personal Statement
I will reduce the amount of animal products I consume knowing the alternatives and the good it can do for the environment.

New Study Confirms Veggie Diets Are More Sustainable than Non-Veggie Diets, Down To Earth, New Study Confirms Veggie Diets Are More Sustainable than Non-Veggie Diets | Down to Earth Organic and Natural

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Bibliography