

# 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

(Sebastiani G, Herranz Barbero A, Borrás-Novell C, Alsina Casanova M, Aldecoa-Bilbao V, Andreu-Fernández V, Pascual Tutusaus M, Ferrero Martínez S, Gómez Roig MD, García-Algar O. The Effects of Vegetarian and Vegan Diet during Pregnancy on the Health of Mothers and Offspring. *Nutrients*. 2019; 11(3):557. <https://doi.org/10.3390/nu11030557>)

### Sustainability of a Plant-Based Diet

- Less greenhouse gas emissions
  - Less water usage
- Less land used for agriculture

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](#)

### Drawbacks of a Plant-Based Diet

- Growth in popularity = growth in plant-based junk food
- Hard to get the proper nutrients from a plant-based diet

(Clem J, Barthel B. A Look at Plant-Based Diets. *Mo Med*. 2021 May-Jun;118(3):233-238. PMID: 34149083; PMCID: PMC8210981.)



[Seamless background with cartoon hand drawn objects on vegan protein source theme: tofy, soya beans and milk, quinoa, lentil, chia. Healthy vegetarian food concept Stock Vector by @petitellii #83084902 \(depositphotos.com\)](#)

## Conclusions

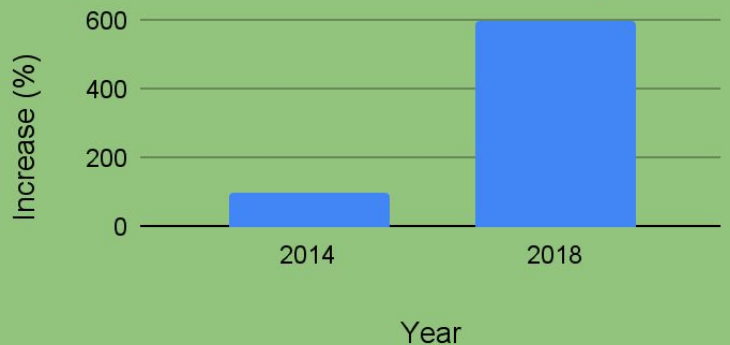
Properly planned vegan diets can be beneficial to the environment, and are nutritiously-sound for both mother and child during pregnancy

## Sustainability

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

### Growing Popularity of Vegan Diet

Recent Rise in American Plant Based Dieting



(Clem J, Barthel B. A Look at Plant-Based Diets. *Mo Med*. 2021 May-Jun;118(3):233-238. PMID: 34149083; PMCID: PMC8210981.)

### Causes of Popularity

- Better perceived health
  - Animal welfare
- Reduced environmental footprint

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### 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

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## Personal Statement

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

Poster by: Patrick Grasing

## Bibliography

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