

Vegan Eating

Meal planning tips for pregnancy and breastfeeding

There is not enough evidence to say if a vegan diet is safe or unsafe during pregnancy, breastfeeding and for babies and children. What we do know is that the nutrition needs are very high during these times. To meet those needs you will need to carefully plan your diet and take certain nutrition supplements. If nutrition needs are not met over time, these deficiencies can lead to serious health problems. What you eat is important for both your health and to support the growth of your baby.

Plant based protein foods



Grain (cereal) foods

Wheat, oats, quinoa, rice, barley
Choose white varieties sometimes to reduce fibre.



Tofu/Tempeh

Add to stir fry and burgers
Include most days. Can be marinated to add flavour.



Nuts and seeds

Walnut, peanut, almond, sesame
Eat as a snack. Add whole or ground up to foods like stir fry, salads, patties or baked foods.



Lentils and legumes

Cooked or canned
Add to soups, stews, curries and fresh salads. Make into patties or balls.



Plant-based milks

Soy, oat, nut or rice
Where possible, choose varieties with added vitamin B12 and calcium. Use in cooking.

Healthy fats



Flaxseed

Add flaxseed oil to food

Add flaxseed oil each day to foods like cooked vegetables, cereals and puddings.



Chia seeds

Use in pudding and cereals

Make a fruit or milk pudding. Add chia seeds to plant-based milk, stir and soak for at least 20 mins, or chill overnight.



Walnuts

Pastes or whole

Add to salads or burgers, or use in baking (eg muffins) or as a spread by blending with oil.



Canola

Source of Omega-3 fats

Use to cook with OR as a dressing.



Avocado and olive oil

Source of healthy fats

Add avocado to salads or mashed on toast. Cook with olive oil, drizzle on vegetables.

Important nutrients



Iron and vitamin C

Serve food sources together

Grain and vegetable salads, fruit (eg strawberries) and cereal (with added iron), tofu and stir fry vegetables.



Calcium

Plant-based milk with added calcium (100mg/100ml), almonds, sesame, tofu, broccoli, kale, asian leafy green vegetables

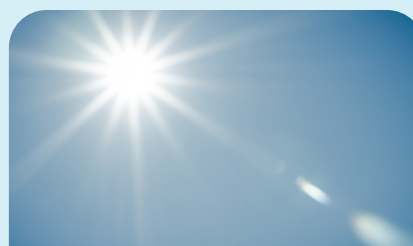
Include some of these each day.



Vitamin B12

A supplement is needed

Food sources - soy milk and other foods with added vitamin B12 and nutritional yeast.



Vitamin D

Follow seasonal sunshine advice

Also found in some margarines and mushrooms (exposed to the sun for 30-60 minutes).



Zinc

Wholegrains (oats, quinoa, brown rice), legumes, soy products, potatoes, nuts
Eat a variety of plant foods.