

Do different plant-based diets affect pregnancy and birth outcomes?

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Women who follow vegan diets during pregnancy may face higher risks of developing preeclampsia and of giving birth to newborns with lower birth weight, suggests a recent study [published](#) in *Acta Obstetrica et*

Gynecologica Scandinavica.

For the study, 65,872 women identified themselves as omnivorous, 666 as fish/poultry vegetarians, 183 as lacto/ovo vegetarians, and 18 as vegans. Based on a questionnaire completed mid-pregnancy, investigators found that protein intake was lower among lacto/ovo vegetarians (13.3%) and vegans (10.4%) compared with omnivorous participants (15.4%). Micronutrient intake was also much lower among vegans, but when [dietary supplements](#) were considered, no major differences were observed.

Compared with omnivorous mothers, vegan mothers had a higher prevalence of preeclampsia (a pregnancy complication characterized by [high blood pressure](#)), and their newborns weighed an average of 240 g less.

"Further research is needed regarding possible causality between plant-based diets and pregnancy and [birth](#) outcomes, to strengthen the basis for dietary recommendations," the authors wrote.

More information: Adherence to different forms of plant-based diets and pregnancy outcomes in the Danish National Birth Cohort: a prospective observational study, *Acta Obstetricia Et Gynecologica Scandinavica* (2024). [DOI: 10.1111/aogs.14778](https://doi.org/10.1111/aogs.14778)
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