

## f. Vegetarian Eating

### MODULE 5

There are different types of vegetarian diets. Certain vegetarians avoid all foods that come from animals. Others eat eggs and dairy products. If you are vegetarian, you can get the nourishment you and your baby need. However, there are a few things that you should know.

To ensure adequate nutrient intake vegetarians can choose either milk or fortified soy beverages and a variety of meats and alternatives such as beans, lentils, eggs, tofu, soy-based meat substitutes, nuts, nut butters and seeds.

As soon as you find out you are pregnant you should speak with your health care provider or a registered dietitian to ensure you are getting all of the nutrients needed.

