



Vegetarian Nutrition



a dietetic practice group of the
Academy of Nutrition
and Dietetics

RDN Resources

Meal Planning Guide and Resources for Pregnant & Breastfeeding Vegetarians

Meal Planning Guide for Breastfeeding Vegetarians

These guidelines are the suggested minimum number of servings for lactating women. Some women may need additional servings and/or added fats to maintain desirable body weight.

Food Group	Serving Size	# of Svgs (pregnancy)	# of Svgs. (Breastfeeding)	Comments
Grains	1 slice bread; ½ cup cooked cereal or pasta; ¾ -1 cup ready-to-eat cereal	6	6	Choose whole-grains. Brown rice, oats, whole-grain breads & pasta, millet, quinoa, bulgur, and amaranth
Vegetables	½ cup cooked vegetables; 1 cup raw vegetables; ¾ cup vegetable juice	4	4	Choose calcium-rich vegetables often: e.g. kale, broccoli, bok choy, Chinese cabbage, okra
Fruits	1 medium fruit; ½ cup canned fruit; ¼ cup dried fruit; ¾ cup fruit juice	2	2	Choose calcium-rich foods often: calcium-fortified juice, figs
Legumes, nuts, seeds, milks	½ cup cooked beans, tofu, tempeh, textured vegetable protein (TVP); 3 ounces of veggie meats (veggie burger, deli slices, etc.); 2 tbsp. nuts, seeds, nut or seed butter; 1 cup fortified soy or low-fat or fat-free cow's milk; 1 cup yogurt; 1 egg	7	7	Choose calcium-rich foods often: calcium-fortified plant milks, dairy products, calcium-set tofu, almond butter, tahini, tempeh, almonds, soybeans
Fats	1 tsp. oil, salad dressing, butter, margarine, ghee or 2 tablespoons mashed avocado	2	2	

tip Choose high calcium foods from each of the food groups (e.g. calcium-fortified breakfast cereals, bok choy, broccoli, collards, Chinese cabbage, kale, mustard greens, okra, calcium-fortified orange juice, dairy products, calcium-fortified soy milk, tempeh, calcium-set tofu, almonds).

Additional Resources

1. Pregnancy and Breastfeeding. ChooseMyPlate.gov <http://www.choosemyplate.gov/moms-pregnancy-breastfeeding>. 2016.
2. Physicians Committee for Responsible Medicine (PCRM) - Vegetarian Diets for Pregnancy 2016. <http://www.pcrm.org/health/diets/vegdiets/vegetarian-diets-for-pregnancy>.
3. The Cleveland Clinic. Nutrition During Pregnancy for Vegetarians. <https://my.clevelandclinic.org/health/articles/4724-nutrition-during-pregnancy-for-vegetarians>.
4. Mangels R, Messina V, Messina M. The Dietitian's Guide to Vegetarian Diets: Issues and Applications, 3rd ed. Sudbury, MA: Jones and Bartlett Learning, 2011.
5. Mangels R. Vegetarian diets for pregnancy, lactation, infancy, and early childhood. In Craig WJ, ed. Vegetarian Nutrition and Wellness. Boca Raton, FL: CRC Press; 2018.