

## **Abstract:**

The paper is focused on nutrition of pregnant women on vegetable diet, risks associated with their diet and recommendations given to them.

It is based on professional literature, studies and articles published by doctors treating the women above as well as discussions with the women on vegetable diet.

Apart from its strengths, the vegetable diet has also some weaknesses. A pregnant woman who has opted for this nutrition type should not forget there is a number of risks associated with it. The fare of pregnant women, whether vegetarians or not, shows an absence of a number of substances the lack of which can cause a serious damage to health of both the foetus and the woman. In case of vegetarians this risk is much higher.

Nowadays lots of people turn to this type of diet, particularly women in order to lose weight, but they should realize it has not only strengths but also weaknesses. The missing substances need to be substituted through a meal with a similar nutriment content or added by increased amount of the concerned meal because the substances are necessary for the body to work well.

If the missing substances are added or substituted the vegetable diet is acceptable. Vegetarianism is not a uniform diet type; it is divided into specific branches. That is why any woman having elected to switch to this diet while pregnant should consult her doctor asking for an advice which substances to add or substitute in order to avoid any damage to health suffered by the foetus or her.

Although the number of pregnant vegetarians is increasingly higher there is a shortage of information how to supply the missing substances.