NAME: Angela Yukiko Shintani-Sandrowicz

DATE OF PREGNANCY: summer 2009 to spring 2010

LOCATION OF PREGNANCY: Portland, OR

**When you got pregnant or decided to get pregnant, did you ever consider not remaining vegan? Why?**

No. I did some internet research and spoke to other vegan moms and felt confident that it was safe.

**Did you seek out or read any books specifically related to pregnancy nutrition? Which ones?**

no

**What were you hoping to find in your pregnancy books? What was missing?**

Although I did not read any books, meal plans would be useful.

**What was your diet like before pregnancy? What changed? (Did you “clean it up”? Did you focus on any particular macronutrients like protein or micronutrients/vitamins/minerals?)**

avoided wheat before and during.

Did not make any diet changes.

**Did you take a prenatal? Which one?**

Rainbow Choice

**Did you take any other supplements? Which ones? Why?**

Vega omega-3 DHA thinking that it might help with brain development

**Was your care provider familiar with a vegan diet? Were they supportive or did they encourage you to eat animals/byproducts? Can you talk a little about this?**

I was upfront about my diet during the first meeting and found that the OB-GYN had no issues with it. It was important to me that the dr. we chose was not against my vegan diet.

**What were your main protein sources during your pregnancy?**

Soy, beans, nuts,

**What were your main sources and do you have any tips for getting:**

**I mainly relied on the prenatal vitamin I was taking.**

**B12 – nutritional yeast**

**Calcium – fortified almond milk**

**vitamin D – sun!**

**Folic Acid - pre-natal**

**Iron – I did take a supplement during my 3rd trimester**

**Omega 3s – flax seeds**

**Zinc – pre-natal**

**What were your ‘quick and easy’ go-to foods?**

**Did you have any cravings?**

Carbs. I ate a lot of pasta and rice.

**Any aversions?**

**Did you ever desire non-vegan food? How did you deal with that?**

**Did you ever experience and do you have any tips for dealing with:**

**Bloating -**

**Constipation and hemorrhoids -**

**“I feel like I’m always starving!” -**

**Heartburn -**

**Stretch marks -**

**Spider Veins (varicose) -**

**Muscle Cramps -**

**Headaches -**

**Dizziness/Lightheadedness -**

**Did you experience morning sickness? How long? How did you cope? What did you eat? Any tips?**

**Did you exercise through your pregnancy? What did you do?**

**Did you have any serious complications (GD, Pre-E, etc)? How did you manage this?**

**What did you do to prepare for labor? Did you do a ‘program’ (ie Bradley, Lamaze, Hypnobirthing)? Did you read any books?**

**If you used a program, did it work?**

**Of the books you read, which were the most helpful? Which were the least?**

**Did you do anything physically to prepare for labor, like acupuncture or red raspberry leaf tea? Did it help?**

**Did you have a hospital, birth center, or home birth? Or other?**

**If you birthed outside the home, what did you pack in your bag? (especially things related to veganism)**

**Was the birth staff familiar with veganism? Were they sensitive to it? Did you ever have to explain or advocate for yourself? If so, could you speak to that?**

**Did you bring food to eat during labor? What?**

**What was your after-labor meal?**

**What were some common questions that non-vegans asked you during your pregnancy? (like, “What if they want to eat meat?” or “Can you get enough calcium?”) How did you answer?**

**Did anyone give you a hard time about staying vegan? Who? How did you handle it?**

**Would you say you live in a veg-friendly city? Could you explain that a bit?**

**Did you seek out a supportive community, either online or in real life? What was it?**

**Is your partner vegan? If not. How did you deal with that? How will the child be raised? Please elaborate.**

**Did you have an all-vegan baby shower? Tell me about it!**

**Do you have pets? How id they react to the baby?**

**Did you eat your placenta? If you did, tell me about it! Thoughts? What do you think it did? If you didn’t eat it, did you do something else with it?**

**Did you breastfeed?**

**Did you alter your diet or supplementation for breastfeeding?**

**How did you experience breastfeeding? (not the act itself, but how it impacted you nutritionally) Did you find it taxing/depleting? Or did you not notice a difference?**

**If you found it depleting, how did you combat this?**

**If you didn’t breastfeed, what formula did you use? What were your reasons for choosing that particular formula?**

**Did you have any post-partum issues? (fatigue, hormonal issues, PPD, candida, etc)**

**There is a lot of stuff involved in pregnancy/labor/post partum that’s not vegan! (like for example, some heartburn meds, or wool diaper covers, or lanolin as the gold standard for nipple cream, etc) I’m trying to compile a comprehensive list of these. Help me! What did you come across that was – perhaps unexpectedly – not vegan? (please include the obvious/expected stuff too) What were your creative vegan alternatives?**