**Appendix B**

**Study Characteristics**

| Citation | Evidence source | Study design | Primary aim | Methodology | Plant-based dietary patterns and definitions used in study |
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| Bettinelli *et al.* (23) | Peer reviewed research article | Cross-sectional quantitative | Investigate knowledge regarding the adoption of vegetarian diets from pregnancy to adolescence | Questionnaire covering professional background, understanding of PBD\*, knowledge of risks and benefits of PBD, knowledge of micronutrients and experience of PBD during pregnancy, childhood, adolescence | Omnivorous  Red meat, poultry, fish, milk, and eggs more than once a week  Semi--vegetarian  Red meat, poultry, and fish less than once a week and more than once a month  VegetarianPesco vegetarian Fish, milk, and eggs, but no red meat or poultry Lacto-ovo vegetarian Milk, eggs, or both but no red meat, poultry, or fish  Vegan No red meat, poultry, fish, dairy, or eggs |
| Elias & Green (39) | Peer reviewed research article | Cross-sectional quantitative | Determine nutrition knowledge, and assess attitudes towards nutrition during pregnancy | Questionnaire (mail) covering practices, attitudes towards nutrition and nutrient information, sources of information, confidence in providing nutritional advice, and nutrition knowledge and barriers to future learning. | Vegetarian - not defined |
| Jeitler *et al.* (34) | Peer reviewed research article | Cross-sectional quantitative | Assess knowledge and awareness of risks regarding critical nutrient supplementation in vegan diets | Questionnaire (in person) covering practices toward supplementation among vegan patients, laboratory checks, knowledge of nutrition guidelines, awareness of B12 and attitudes towards nutrition at different life stages. | Vegan, not defined |
| Meulenbroeks *et al.* (24) | Peer reviewed research article | Cross-sectional quantitative | Assess knowledge, advice, and views on education regarding vegan diets in pregnancy | Questionnaire (online) developed, and pilot tested, covering practices of assessing dietary intake and guidance provided, nutrition education, views regarding professional responsibility. Dietitians were asked about education and confidence advising on PBD in pregnancy. | Vegan, excludes all animal products (meat, fish, eggs, dairy products) |
| Mulliner *et al.* (36) | Peer reviewed research article | Cross-sectional quantitative/ qualitative | Explore midwives’ education, knowledge, and attitudes towards nutrition in pregnancy | Questionnaire and semi-structured interview (in-person) covering nutrition-related professional development, education, perceptions of nutrition, confidence and frequency when discussing nutrition, practices, suggestions regarding education. | Vegetarian, vegan, not defined |
| Othman *et al.* (38) | Peer reviewed research article | Cross-sectional qualitative | Explore midwives' views on how they provide healthy eating education following nutrition education intervention | Semi structured interviews (in person or phone). Open ended questions regarding midwives’ experiences and their perceived role in providing dietary advice to patients (including PBD). Questions regarding practice guidelines, resources, and barriers. | Vegetarian or vegan, not defined |
| Othman *et al.* (37) | Peer reviewed research article | Intervention | Assess knowledge and confidence when discussing nutrition, before and after an education intervention. | Questionnaire (online, in-person) to assess the efficacy of an education intervention (developed for the study, not validated). | Not reported |
| Saintila *et al.* (41) | Peer reviewed research article | Cross-sectional quantitative | Compare knowledge of vegetarian and non-vegetarian dietitians with regards to vegetarian diets at different stages of life | Online questionnaire adapted from previously validated questionnaire (23). Information collected: dietary definitions, knowledge about risks and benefits associated with vegetarian diets, knowledge of critical and specific nutrients of said diets, knowledge of vegetarian diets in different stages of life. | Lacto-ovo-vegetarian: excludes meat, fish, poultry; includes dairy products, eggs and honey Vegan: excludes meat, fish, poultry, dairy products, eggs and honey |
| Soh (40) | Master’s Thesis | Cross-sectional quantitative/ qualitative | Understand concerns, attitudes, experiences of health professionals with regards to vegan diets in pregnancy and early life | Questionnaire (online) adapted from peer-reviewed publications questionnaires (23, 24, 41). Information collected: knowledge and attitudes regarding vegan nutrition in pregnancy, dietary sources of nutrients, supplementation, and information resources. Interviews (online) explored experiences, concerns, and perspectives regarding vegan diets during pregnancy. | Vegan: strictly plant-derived, includes only fruits, vegetables, grains, legumes, nuts, seeds, herbs, and spices |
| Villette *et al.* (35) | Peer reviewed research article | Cross-sectional quantitative | Describe beliefs and attitudes of primary care physicians toward vegetarian diets | Questionnaire (online), created for the study. Information collected: personal dietary pattern, care and advice provided to vegetarian patients, perceptions of risks and benefits associated with PBD, and understanding of patients' motives for adopting PBD. | Lacto-ovo vegetarian, vegan, not defined |

*Note.\** PBD, plant-based diet