**Appendix D**

*Nutrients assessed and question context*

|  |  |
| --- | --- |
| Question Context | Nutrients |
|  |  |
| Plant-based dietary sources | Iron (39, 40), Vitamin B12 (39, 40), Zinc (39), Calcium (37) |
|  |  |
| Dietary sources | n-3 PUFA\* (37), Protein (37) |
|  |  |
| Knowledge of bioavailability and/ or absorption | Iron (39, 40), Zinc (23, 41), Protein (23, 41) |
|  |  |
| Decreased levels present in PBD† individuals in general population | n-3 PUFA (23, 41) |
|  |  |
| Important for PBD during pregnancy | Vitamin B12 (37), Vitamin C (37), Vitamin D (37) |
|  |  |
| Important for PBD in general population | Iron (41), Vitamin B12 (41), Zinc (41), n-3 PUFA (41), Calcium (41), Vitamin D (41), Protein (41) |
|  |  |
| Supplements for PBD during pregnancy | Iron (39), Vitamin B12 (39), Vitamin B9 (39), B complex (39), Zinc (39), Calcium (39), Iodine (39), Vitamin A (39), Vitamin D (39) |
|  |  |
| PBD and increased risk of deficiency during pregnancy | Iron (39), Vitamin B12 (23, 40), Zinc (39), Protein (39), n-3 PUFA (39), Calcium (39), Iodine (39), Vitamin A (39) |
|  |  |
| PBD and increased risk of deficiency in general population | Iron (35), Vitamin B12 (35), Zinc (35), Protein (35), n-3 PUFA (35), Calcium (35), Iodine (35), Vitamin B9 (35), Vitamin B (other) (35), Vitamin D (36, 40), |
|  |  |
| Recommended daily allowance during pregnancy | Iodine (37), Vitamin D (37) |

*Note.\** n-3 PUFA, omega 3 long chain polyunsaturated fatty acids; †PBD, plant-based diets