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**EFFECTS OF A VEGAN/VEGETARIAN VS. OMNIVOROUS DIET IN BREASTFEEDING
MOTHERS ON BREAST MILK COMPOSITION, INFANT GROWTH,
NEURODEVELOPMENT, AND NUTRITIONAL STATUS: A SYSTEMATIC REVIEW**

TREBALL DE FI DE GRAU

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UNIVERSITAT ROVIRA I VIRGILI

Reus

2025

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Abstract: Maternal diets during lactation may influence the composition of breast milk and the health of the infant. This systematic review examines the impact of vegan and vegetarian diets compared to an omnivorous diet during lactation. Studies assessing the composition of breast milk and various indicators of infant health were included. The results indicate that certain nutrients, such as fatty acids and some trace minerals, may vary depending on the type of maternal diet. Supplementation appears to compensate for some differences, although high variability persists. Furthermore, a lack of studies evaluating infant growth and neurodevelopment was identified, highlighting the need for more longitudinal research using standardized methodologies.

Key words : Plant-based diets, Breast milk composition and Infant health outcomes.