



# Benefits And Drawbacks Of Taking Protein Powders During Pregnancy

## Benefits



Can be a good option for vegan pregnant women

Can help to meet daily protein requirements



Shown to increase newborn's birth weight and length

Shown to improve fetus growth

## Drawbacks



May increase the risk of gestational diabetes mellitus if taken during early pregnancy

May have harmful effects on fetal growth if taking high-protein supplements



May lead to premature births and low birth weight due to high-protein supplements

Keeps the stomach full and may lead to skipping meals which is not good

### References:

1. Effects of protein energy supplementation during pregnancy on fetal growth: a review of the literature focusing on contextual factors; Food & Nutrition Research; NCBI
2. Protein powder supplementation in early pregnancy and the risk of gestational diabetes mellitus: a prospective cohort study; Food & Function; Royal Society of Chemistry