

WHAT TO HAVE WHEN YOU CAN'T HAVE LIVER?



If you want to have something protein- and micronutrient-rich but cannot opt for liver or any other non-vegetarian options, here are a few substitutes that you could try.



FLAX SEEDS



MUNGO BEANS



CORN



SESAME



**IRON-FORTIFIED
BREAD**



**BLACKSTRAP
MOLASSES**



BROCCOLI



ALMONDS



SOY PRODUCTS



YOGURT

REFERENCES:

The Effects Of Vegetarian And Vegan Diet during Pregnancy On the Health of Mothers and Offspring; MDPI Nutrients