



Diet to Support a Healthy Pregnancy in Vietnamese American Women

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Background:

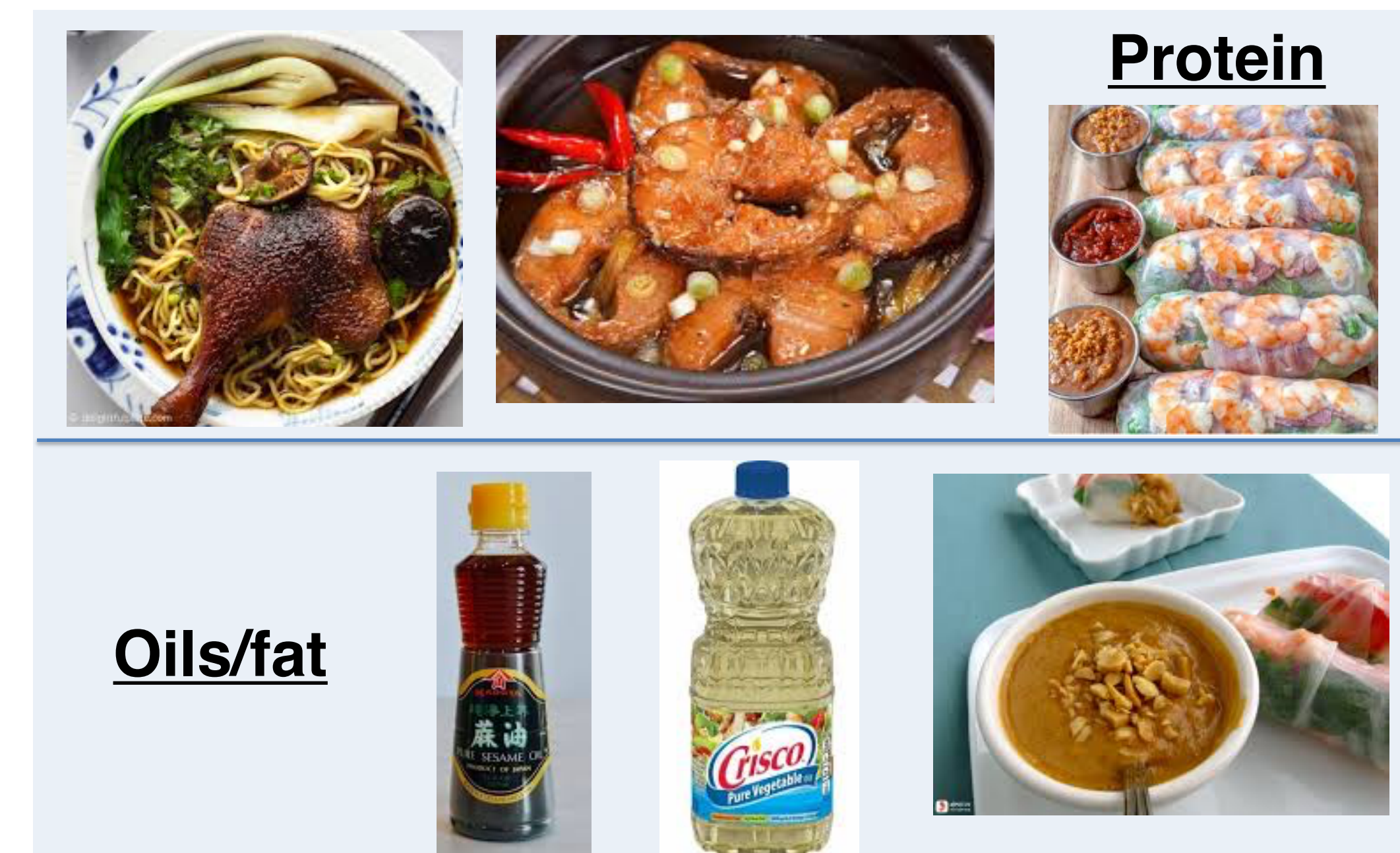
- Increase in Vietnamese immigration to the U.S.
- 80.2% of Vietnamese American women who gave birth were born outside the U.S.
- Lack of research on the intersection of American pregnancy diet guidelines and traditional Vietnamese diet

Objective:

- Accumulate more knowledge on traditional Vietnamese food patterns and relate these to American dietary recommendations during pregnancy
- Provide resource for nurses and healthcare professionals to offer optimal care for Vietnamese American women and their children

Methods:

- Literature search
- Interview with experts
- National pregnancy guidelines
- Two reference books and a text on pregnancy nutrition
- Internet search



Conclusion:

- Adhere to traditional Vietnamese cuisine during pregnancy
- Consume sodium in moderation and increase fiber, fruits, vegetables, and fish
- Superstitions surrounding pregnancy diets should be acknowledged and addressed

Acknowledgement:

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