

Emily Deschanel Welcomes First Child on Vegan Diet



Bones star, Emily Deschanel and her husband David Hornsby of *It's Always Sunny in Philadelphia* have officially welcomed a baby boy, Henry Hornsby, into the world. According to [People](#), the actress maintained a completely vegan diet throughout her entire pregnancy. The couple could not be happier with the birth of a healthy first child.

What changes should you make to your diet during pregnancy for the sake of the child?

Cupid's Advice:

When you're expecting, you have to be extra careful about everything, especially when it comes to your diet. Here are some key changes to make:

1. Abstain from alcohol: This is an obvious one. If you're pregnant or even think you might be pregnant, consume absolutely no alcoholic beverages.

2. Take pre-natal vitamins: Pregnant women need higher amounts of certain substances, such as folic acid. Talk to your doctor about the best vitamin regiment for you and your baby.

3. Avoid fast food: Though you may crave tons of crazy foods during your pregnancy (it's okay to give in sometimes), you should maintain a healthy diet of whole grains, vegetables and lean proteins.

What types of foods would you recommend that pregnant women eat? Share your thoughts below.