

Adequate Nutrients for Your Vegetarian Child



To Get Adequate...	Eat...
Vitamin B ₁₂	Veggie burgers, fortified soy milk, breakfast cereals
Calcium	Broccoli, sunflower seeds, tortillas made with lime-processed corn, fortified soy milk, cereals, waffles, juices
Vitamin D	Fortified soy milk, tofu, breakfast cereals
Iron	Dried beans, tofu, legumes, whole-wheat breads, spinach, dried fruit
Zinc	Whole grains, tofu, nuts and seeds, dried beans, yogurt, wheat germ

Food Combinations for Complete Proteins

Legumes* + Grains

Legumes + Nuts[†] + Seeds[†]

Dairy + Any Vegetable Source

Eggs + Any Vegetable Source

**Legumes include dried peas, beans, and lentils.*

†Nuts and seeds should not be given to children less than 3 years old because of the choking hazard.

Meatless Dishes

Garden burgers (instead of hamburgers)

Lasagna with eggplant and soy sausage

Vegetable pizza
(mushrooms, tomatoes, cheese, garlic)

Meatless chili with soy protein

Tomato sauce over pasta with tofu

Stir-fry veggies with tofu squares

Black-bean burritos



cute quote

*I love crackers.
I'm a crackertarian.*

