Feeding vegan children ages 0 to 2



Apply the balanced plate principle

Offer 3 meals and 3 snacks per day

Aim for variety within each food group because each food is unique

Choose the food quality and your baby will decide the quantity

Vegetables and fruits

Regular follow-ups with a nutritionist are highly recommended for vegan children.

Grain products

Protein foods

Offer foods rich in iron, vitamin B12 and fat several times a day

Foods rich in iron

- Legumes, tofu, nuts/seeds, fortified grain products
- Start the meal with an iron-rich food
- Offer fruit and vegetables rich in vitamin C (e.g., citrus fruits, broccoli, cabbage, strawberries, kiwi, tomatoes) at the same meal to promote iron absorption





Foods rich in vitamin B12

• Commercial infant formula (CIF), nutritional yeast, certain plant-based "yogurts," soy beverages



Take note! Seaweed, tempeh and miso contain vitamin B12 that the body cannot use. Offer them only occasionally.

Foods rich in fat

- Chopped or powdered nuts and seeds, nut butter, various oils, avocado, hummus, quacamole
- Offer foods rich in omega-3s several times a week (flax, chia or hemp seeds, walnuts, and flaxseed, canola or soybean oil)



What type of milk should you offer baby?



Newborn

Around 6 months

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2 ans

Breastfeed exclusively until you introduce complementary foods, around six months.

If breast milk is not available, offer soy-based commercial infant formula fortified with omega-3s.

Continue breastfeeding or CIF in combination with the right complementary foods.

CIF fortified with omega-3s up to age 2 as a supplement to breast milk.

Soy beverages may at times be adequate. A nutritional assessment is recommended before replacing CIF.

