

# Feeding vegan children ages 0 to 2



Apply the balanced plate principle

Vegetables and fruits



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

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



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

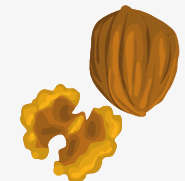
- Commercial infant formula (CIF), nutritional yeast, certain plant-based “yogurts,” soy beverages



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, guacamole
- 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?

