

Feeding vegetarian children ages 0 to 2

Apply the balanced plate principle

Vegetables and fruits

- 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

A consultation with a nutritionist is recommended for vegetarian children.

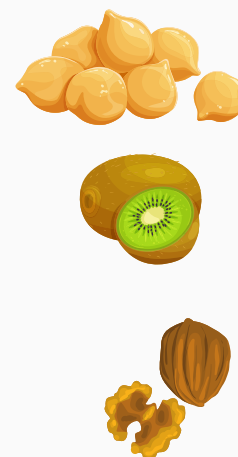
Offer foods rich in iron and fat several times a day

Foods rich in iron

- Sources: Eggs, legumes, tofu, nuts/seeds, fortified grain products
- Offer fruit rich in vitamin C (e.g., orange, clementine, grapefruit, pomelo, kiwi, mango) at the same meal to promote iron absorption

Foods rich in fat

- High-fat foods: Nuts and seeds, nut butter, various oils, avocado, hummus, guacamole, 3.25% milk, eggs, fish, yogurt with 2% or higher M.F., etc.
- Sources of plant-based omega-3s: Flax, chia or hemp seeds, walnuts, and flaxseed, canola or soybean oil



Offer animal-based foods such as milk, eggs and yogurt every day.

Adapt your child's diet to the type of vegetarianism

Pesco-ovo-lacto vegetarian

- Offer fatty fish every week
- If your child is not breastfed, offer commercial infant formula (CIF) until age 9 to 12 months
- As of age 9 to 12 months, offer 3.25% M.F. cow's milk

Ovo-lacto and lacto vegetarian

- Offer foods rich in plant-based omega-3s several times a week
- If your child is not breastfed, offer CIF fortified with omega-3s until age 1
- As of age 1, offer 3.25% M.F. cow's milk

Pesco: fish and seafood | Ovo: eggs | Lacto: dairy products