VEGAN BABIES & CHILDREN

A dietary guide, including pre-conception and pregnancy

Compiled by:

The Vegan Society
Donald Watson House
21 Hylton Street
Hockley
Birmingham
B18 6HJ

Tel: 0121 523 1730
Fax: 0121 523 1749

info@vegansociety.com
www.vegansociety.com

FOREWORD

The Vegan Diet - Healthy For All Ages

"In my role as a practising State Registered Dietitian, I wholeheartedly recommend a vegan diet for all ages including babies and children. This booklet shows that a vegan diet can be a good healthy option for everyone wishing to avoid animal suffering, for the dairy intolerant, or for those that simply want to provide the correct healthy diet for their family."

Sandra Hood
State Registered Dietitian
Vegan for 32 years

INTRODUCTION

A Healthy Diet For Life

Well-planned plant-based diets can support healthy lifestyles at every age, from pre-parenthood, through pregnancy and breast-feeding, childhood and adulthood, and on into later years.

The Importance of Good Nutrition

Your diet during pregnancy and that of your infant during the first year of life can affect your childs health 40, 50 or even 60 years later. It is therefore of utmost importance that during pregnancy you and your baby are provided with good nutrition. During pregnancy you will require extra nutrition to support your growing foetus and to allow for changes in your body.

Research Gives Veganism The Thumbs Up!

Several studies have examined the nutrient intakes of vegan children. One study of British school-age children published in the *Journal of Human Nutrition and Dietetics* in 1992 found that vegan children had higher intakes of fibre, and that intakes of all vitamins and minerals studied (with the exception of calcium) were comparable with those of meat-eating children. Vegan pre-schoolers in the US were found to have generous intakes of protein, vitamins and minerals, and their diets exceeded recommended intakes for all nutrients studied with the exception of calcium. Finally, vegan children have been shown to have lower intakes of fat, saturated fat and cholesterol than non-vegetarian children.

The study showing lower calcium intakes by vegan pre-schoolers was conducted before calcium-fortified products were readily available, so calcium intakes of vegan children may be higher now. Calcium is important for bone development. Around 45% of adult bone mass is accrued before 8 years of age, another 45% is added between 8-16 years of age, and a further 10% accumulates in the next decade. Given the importance of calcium intake during childhood, all parents should ensure that their children's diets contain calcium-rich foods and meet current recommendations for calcium for their age group.

Reports in the medical press of vegan infants suffering protein and energy deficiencies are extremely rare. In some instances infants were weaned onto poorly planned fruitarian or macrobiotic regimes rather than vegan diets. In other cases parents had not adopted veganism but instead had eliminated foods from their infants' diets on a piecemeal basis and without seeking proper advice.

It is believed that the foundations for many chronic diseases of adulthood have their beginnings in childhood. For instance, processes initiating atherosclerosis and high blood pressure are thought to start very early in life, and blood pressure and cholesterol levels have been shown to track from early childhood and to be related to childhood nutrient intakes. Body mass also tracks from early childhood, with obese children being at an increased risk of obesity in adulthood.

Vegan diets may introduce children to a greater variety of whole plant foods, thus establishing healthful lifelong eating habits.

GAINING SUPPORT

If you do not live in a supportive environment may you may receive criticism of your vegan diet and lifestyle. GPs, paediatricians and dietitians may raise doubts about the adequacy of the vegan diet and in some cases advise against it. These recommendations are usually the result of misinformation, and by sticking to your vegan principles and following the simple guidelines in this booklet, you can ensure that your child thrives.

Guidelines

Many theories abound on the feeding and raising of children, and healthcare professionals may make recommendations which differ from guidelines set out in this booklet. In general, a more relaxed attitude to weaning and feeding children is currently in vogue. However, it is important to bear in mind that this booklet is only a guide, and should not be used as a substitute for medical care in the event of any possible health problems.

Doing Your Homework

The way forward will be smoother if family, friends and healthcare professionals see that you have a sound knowledge of nutrition and that, after the birth, your baby is thriving. It is recommended that you read general books on rearing children and vegan nutrition. The Vegan Society publishes the book *Feeding Your Vegan Infant with Confidence*, which is available from the Vegan Society priced at £9.99. During the course of your pregnancy and for the first months after the birth of your baby, healthcare professionals that may be in contact with you include GPs, paediatricians, dietitians, nutritionists, health visitors, and district nurses at your local GPs' surgery, the hospital, and child health clinics. They will be particularly impressed by sound knowledge on vegan nutrition and may even learn something themselves!

PRECONCEPTUAL NUTRITION

Men's Health

Little is mentioned of men's health before conception, but this is also important. A man is producing sperm all the time, and sperm takes 70 days to develop. Therefore the state of their health may affect the quality and quantity of the sperm.

Women's Health

It is accepted that women should take care of her health before pregnancy, and nutritional status is important in relation to pregnancy outcome. The developing foetus is most susceptible to nutritional deficiency during the first trimester (first three months). However, a well-balanced vegan diet will not leave you short of any nutrients needed to prepare for a healthy pregnancy. As in all stages of life, the Vegan Society stresses the importance of ensuring an intake of a reliable source of B12 and of vitamin D at this time.

The Department of Health recommends that in addition to eating foods rich in folic acid, women considering pregnancy should take a folic acid supplement of 0.4mg per day before pregnancy and for 12 weeks during pregnancy. Although a vegan diet is generally rich in folic acid, it is recommended that intake is increased. Folic acid is a B vitamin, and it can help to prevent spina bifida and other conditions in which the brain or spinal cord does not develop properly. All women wishing to conceive should take 400mcg (0.4mg) per day. Folic acid is found in green leafy vegetables, fortified breakfast cereals, wholemeal bread, pulses (beans, peas and lentils) and yeast extract.

PREGNANCY - THE FIRST FEW MONTHS

Eating For Two

Recommendations for many vitamins and minerals are higher during pregnancy, but as a physiological response to pregnancy the absorption of many nutrients is increased. The majority of pregnant women (including vegans) can meet these increased needs by consuming a varied diet: just follow your appetite and avoid excesses of under- or overeating.

Recommended Weight Gain

Whilst recommendations for many vitamins and minerals are higher during pregnancy, the increase in energy (calorie) requirements is relatively small. General guidelines include a little weight gain of approximately 1-2kg (2-4lb) during the first trimester, and in the second and third trimesters a weight gain of . 5kg (1 lb) per week is common. There is little, if any, increase in calorific needs during the first and second trimesters. However, in order to support the recommended weight gain during the third trimester an extra 200 calories per day will be required. 200 calories is a fairly small increase, but it is important to consume these extra calories wisely. You should, for example, increase the intake of fresh fruit and vegetables and/or wholemeal bread and houmous, instead of drinking a can of coke and eating bar of chocolate! The coke and chocolate will provide the calories, but not the vital nutrients required for the health of the woman and her growing baby.

Three meals a day should be eaten, starting with breakfast. Although breakfast may not be terribly appealing if you are suffering from morning sickness, it is an important meal as it comes after a long period without food. It is important to provide a regular supply of nutrients to the growing foetus. Babies do not do well if they fast for hours on end.

Problems with Weight Gain

If weight gain is slow or non-existent, more food is required. Food should be eaten more often. The types of food eaten should be higher in calories and lower in fibre. If weight gain is high, then sweet or fatty foods should be replaced with fresh fruit, vegetables, pulses and grains (wholemeal bread and pasta). The Vegan Society produces a Weight Loss/Weight Gain fact sheet which is available from the Vegan Society Office. If the diet is already fairly healthy, then more exercise should be taken on a daily basis, e.g. walking, swimming, etc.

If you are suffering from nausea during the early stages of pregnancy you may find that your appetite is reduced, in which case weight gain can initially be quite slow. However this should not be of concern and an increase in appetite later on in pregnancy will more than make up for any lapses.

Key Nutrients for Pregnancy

(Note: For general guidelines on a well balanced vegan diet refer to our 16 page booklet *Plant Based Nutrition and Health*. For a free copy contact the Vegan Society office or download it from our website www.vegansociety.com)

Folic Acid

Ensure adequate folic acid, folate or folacin consumption to protect against neural tube defects such as spina bifida. Studies suggest this is plentiful in the diets of vegan adults. The Department of Health advises women considering having a baby and those who are pregnant to take a folate supplement as well as consuming foods rich in the vitamins. All women wishing to conceive should take 400mcg (0.4mg) per day and continue this during the first 12 weeks of pregnancy. Pregnant women should take 300mg per day.

Vitamin B12

Pregnant women do not require more than the average 3ug per day from fortified foods (or 10ug/day if relying on supplements). During pregnancy your own laid-down body stores of B12 are not readily available to the foetus, which builds up its own supply from your daily intake of the vitamins. If B12 intake is low during pregnancy, the foetus will not have adequate stores of the vitamin and this may lead to a deficiency sometime after birth, even though you may have no clinical symptoms. A supplement should be taken if fortified foods are not consumed on

a regular basis.

Calcium

Your body will need more calcium during pregnancy. Vegan diets being rich in fruit and vegetables and free of animal protein help conserve calcium. If you struggle to get enough calcium from green leafy vegetable and fortified foods (e.g. fortified milks, yogurts, etc.), take a supplement to ensure calcium requirements are met. Additionally, it is possible to purchase calcium carbonate powder which can be mixed into food or added to home-made bread.

Iron

There is an extra demand for iron for the developing baby and to form haemoglobin. Women who had heavy periods or were slimming before pregnancy may start their pregnancy with low iron stores, and can end up tired and anaemic. An adequate intake of iron rich foods should be consumed, and foods which contain a lot of vitamin C should be eaten with the meal, such as a glass of fruit juice or a piece of fruit, as this aids the absorption of iron. Tea can reduce the absorption of iron, so either intake should be reduced, tea drunk only between meals. It is not wise to take iron tablets unless prescribed, because too much iron can interfere with the absorption of other minerals and can cause constipation.

Zinc

There is evidence from the general population that malformations occurring in some infants may be linked to zinc insufficiency in their mothers. Human milk is not a rich source of this mineral, and during breastfeeding infants draw on their body reserves laid down during the last three months of pregnancy. Thus premature babies may be at risk of zinc deficiency. Intakes of zinc by adult vegans are similar to those of omnivores, and there is no recommended increase during pregnancy. Ensure a mixture of zinc-rich food such as nuts, seeds, beans and cereals, or sprouting zinc-rich beans and seeds.

Fluid

Drink plenty of fluids during pregnancy. The state of pregnancy is a "watery" one and you will require extra water for making additional blood for yourself, your baby, and the 6 to 12 pints of amniotic fluid in her uterus. At least six to eight (200ml) glasses per day should be consumed, preferably in the form of water, fruit juice or vegetable juice. The balance of water needed can be obtained from the watery fruits, vegetables, soups and salads which are abundant in the vegan diet.

SUGGESTED MEALS DURING PREGNANCY

Breakfast

· Wholemeal toast spread with vegan margarine and Marmite (or other yeast extract) or peanut butter - or both!
· Porridge and dried fruit with nut topping
· Muesli and fresh fruit with fortified soya milk
· Scrambled tofu with chopped onion and peppers on toast
· Ryvita crispbreads spread with margarine and nut butter
· Baked beans and lightly-fried mushrooms on wholemeal toast

Snacks

· Fresh and dried fruit
· Nuts
· Fruit smoothies (made with liquidised soft fruit and fortified soya milk)
· Wholemeal crackers and vegetable pate
· Yoghurt (fortified vegan versions)

Lunch

· Vegan spread or hard 'cheese', pickle and salad sandwich
· Veggie Burger, wholemeal bun, lettuce, tomatoes, bean sprouts. Fresh green salad with French dressing.
· Vegetable bean soup and baked potato
· Houmous, salad and pitta bread
· Samosas or onion bhajis with salad
· Fruit cake

Dinner

· Starter: vegetable soup and/or green salad
· Main courses: vegan versions of lasagne, spaghetti bolognese, shepherd's pie, stew, curry, vegetable biriani, quiche, etc.

Dessert

· Fresh fruit salad and 'ice-cream'
· Fruit crumble and custard made with fortified soya milk
· Apple pie and soya crème
· Cake (fruit, vanilla sponge, chocolate, fudge, carob)
· Tofu cheesecake

Beverages

Pure water, fruit juices, fortified soya milk shakes, coffee/tea type beverages, herbal teas

Large amounts of caffeine have in some cases been associated with various problems in pregnancy. Caffeine is a stimulant and crosses the placenta. It appears in the foetus's blood in the same concentration as in the mother's blood. The Food Standards Agency advises that pregnant women should moderate their caffeine intake to no more that 300md/day, which is equivalent to approximately four cups of coffee per day.

COPING WITH COMMON FOOD-RELATED PREGNANCY PROBLEMS: ADVICE TO PREGNANT WOMEN

Morning Sickness

· Many women find eating little and often is the best remedy. Eat five or six small meals per day, and try to eat something every few hours because you may feel sick when you are really hungry.
· Avoid greasy or fried foods, as these take longer to digest. If the smell of cooking makes you queasy, ask someone else to cook while you are out of the house, or try eating cold foods like sandwiches, cereal, soya yogurt, nut/seed butters and crackers, or fruit.
· Don't lie down directly after eating; sit for at least 15 minutes after eating.
· Keep a snack such as crackers or dry cereal by the bed, and eat a little on waking up in the night or before getting up in the morning.
· Try making mixtures like mashed potatoes and chopped vegetables, or vegetables and rice, because starchy foods are often more appealing than vegetables.
· Foods containing ginger have been found to relieve nausea for some women.
· Try peppermint tea.

Heartburn & indigestion

· Try small frequent meals.
· Eat slowly.
· Drink liquids between meals rather than with them.
· Stay upright after eating.
· Do not go to bed on a full stomach.
· If it's worse at night, a slightly tilted bed or propped pillows can help.
· Avoid spicy and acid foods, and fizzy drinks.

Constipation

· Ensure an adequate intake of fibre rich foods.
· Drink plenty of fluids
· Take gentle exercise.

BREAST-FEEDING AND FORMULA MILKS

Breast is best

The first food for a vegan baby should ideally be breast milk. Breast-fed infants of well nourished vegan women grow and develop normally. Infant receives many benefits from breast-feeding, including immune system enhancement, protection against infection, and reduced risk of allergies. Moreover, as human breast milk is the natural food for baby humans, it also probably contains substances needed by growing infants which may not even be known to be essential and which are not included in infant formulas. Nursing mothers derive benefits such as reduced risk of premenopausal breast cancer, release of stress-relieving hormones, and sheer convenience. For all these reasons, we strongly encourage breast-feeding. For support and information on breast-feeding contact organisations such as the Association of Breastfeeding Mothers, the National Breastfeeding Helpline, La Leche League, The National Childbirth Trust, and the Breastfeeding Network (contact details are listed on pages 28 and 29 of this guide).

Formula Milk and Soya Milk

If for any reason your baby is not being breast-fed or infant formula is used to supplement breast-feeding, there is only one soya infant formula currently available in the UK that is suitable for vegans – Heinz Nurture Soya Infant Formula. It is also useful as a milk replacement in drinks and cooked dishes for older children and adults. On no account should home-prepared soya milk, nut milk, rice milk, oat milk, pea milk or other “formulas” be used to replace vegan infant formula, as these do not contain the appropriate ratio of nutrients and can lead to potentially life-threatening conditions. Fortified soya milks can be given from 6 months of age but have less calories and nutrients than breast milk or formula. The soya milk must be fortified (organic milks are not fortified): in the case of soya allergy an alternative fortified plant milk should be used.

Some concern has been expressed regarding the relationship between the glucose content of soya formula and tooth decay in children. Glucose syrup has several properties that make its use in soya formulas appropriate: it is easily absorbed and utilised by infants even when the gut mucosa is damaged, and the use of glucose syrup as the carbohydrate in a soya formula ensures a similar osmolality to breast milk. It is easily mixed with water, which is essential for home preparation, and the naturally bitter taste of soya protein is effectively masked by glucose syrup without causing undue sweetness.

Nurture Soya Formula should be fed from a feeding bottle. However, between the ages of 6 and 12 months a beaker or cup should be increasingly used. The

use of a bottle should not be prolonged, and teeth should be cleaned after feeds. Regarding tooth decay, evidence indicates that the quantity of sugar eaten is less important than the time taken to consume it and the interval before further sugar is eaten. If sugary foods or drinks are consumed, it is better to ensure they are finished relatively quickly rather than eaten over several hours, as the mouth pH can be restored within 30 minutes.

The best diet for breastfeeding

The diet for breastfeeding is similar to that recommended for pregnancy, although calories, protein and vitamin B12 are higher.

· The recommended calorie intake is 500 calories above the usual intake.
· Consume a B12 supplement (10mcg per day) or ensure a regular source of foods fortified with vitamin B12 (4mcg per day).
· Protein requirements are 11g above the usual intake from the birth of your baby until 6 months of age, and from the age of 6 months it can be reduced to 6g above the usual intake.
· Take a supplement of 260mg of folic acid per day.
· Current recommendations for calcium consumption are 1250mg per day for breast-feeding women.
· A good intake of vitamin D via sun exposure or (in the winter) vitamin D fortified foods or supplements should be ensured. It is prudent to consume vitamin D fortified products (or supplements) all year round.
· Good calcium intake should be ensured.
· No extra iron is needed for breast-feeding women.

If your diet contains little or no vitamin B12 you will produce milk with very low levels of vitamin B12. As this vitamin is important for the developing nervous system, it is crucial that your infant has a reliable source. If your diet does not contain a reliable daily source of vitamin B12, your child should receive a daily source of vitamin B12 such as a B12 droplet. The vitamin D content of breast milk may vary with diet and sun exposure.

Readers may also have heard of docosahexaenoic acid or DHA, a fatty acid which appears to be important for eye and brain development, and is found primarily in animal foods. However, vegans can make DHA from another fatty acid called alpha-linolenic acid, which will be contained in the breast milk your diet includes good sources such as flaxseed oil, ground flaxseed, and rapeseed oil. Reducing the use of other oils such as corn oil, sunflower oil and safflower oil, and limiting foods containing hydrogenated fats, will also help your breast-fed infant to make more DHA. These oils contain linoleic acid, and hydrogenated fats contain trans-fatty acids which interfere with DHA production.

Weight loss and milk loss

After birth, body weight is probably about 7lb (3.5kg) over the weight before pregnancy. This is the body store needed for breast-feeding. It is important not to try and lose this weight by dieting as it may not be possible to get enough energy and nutrients for you and your baby. If too little food is eaten while breast-feeding then quantities of milk produced are liable to be lower. These extra pounds are usually shed gradually during breast-feeding because of a loss of calories in breast milk.

Small frequent meals are best. Extra fluid is required at this time so the opportunity should be taken to have nutritious drinks like fruit and vegetable juices, fortified soya milks, soups and smoothies, which will provide extra calories as well.

It makes sense to continue breast-feeding for a year, if possible, because breast milk is such a rich source of nutrients.

BRINGING UP YOUR BABY

Birth – 6 months

From birth to 6 months all of your baby's nutritional needs can be met through breast milk. If you choose to change to bottle-feeding before the age of 6 months, Heinz Nurture Soya Formula is suitable. If your baby is also receiving bottle feeds, you will make less breast milk. The more your baby breast-feeds, the more milk you will produce. Feeding frequency should be as with breast-feeding - on demand. Left to themselves, bottle-fed babies consume little more than breast-fed babies and are only slightly heavier.

6 months

Stage 1

Note that all infants have a high requirement for vitamin D to enable calcium deposition in bone. The Department of Health therefore recommends that vitamin drops containing vitamin. A, C and D be used for all children from 6 months to 5 years of age, whether vegan, vegetarian or omnivore. Welfare vitamin drops, which are available at low cost, or free to certain families, contain no animal products and are suitable for vegans.

At 6 months solid foods can be introduced, but the weaning process should not be hurried if your baby is content with breast milk alone. Pay attention to the signals your baby gives out: e.g. your baby will probably be ready for solid food if they cry after breast-feedings or chew on the nipple. Even then, however, breast-feeding should be continued (alongside the introduction of solids) for as

long as is comfortable for both you and your baby.

Solids should not be introduced into the diet before the age of four months. Do not be pressurized to introduce solids before this time. This is because your baby's body systems – physiology and development – are not ready for solids and can only cope with breast milk or formula milk.

The best time to introduce solid foods to your baby is just before breast- or bottle-feeding. Starting solids is a very gradual process, so be patient and go slowly. The classic 'first food' is mashed banana, which is very digestible, sweet and a good introduction to foods. Other popular first foods are apples, pears, peaches, and vegetables such as carrots, potatoes and spinach (which are cooked and then mashed or pureed and sieved), and baby rice. The first few weeks are merely an introduction, and you should not be tempted to try to fill your baby up with solids. When they have had enough babies will turn away their head, clamp their mouth shut or spit the food out!

Offer one type of food only and observe how well it is tolerated, then wait two to three days before trying another food. This gives your baby's digestive system time to get used to each new food before the introduction of additional ones. If two or more foods are introduced at the same time and your baby has diarrhoea, colic or other digestive problems, it will be difficult to identify the culprit. Start with around 1-2 tsp of food and gradually increase up to 6 tsp. How much is fed to your baby depends entirely on how much they will eat. A rough guide might be a quarter of a very ripe mushy banana for a few days (or for a week), and the following week another soft fruit such as apple sauce. The foods during this first stage should be bland with a smooth consistency.

If your baby is not interested the first few times solids are introduced, it is advised to try again in another week. When your baby is ready they will let you know. Your baby might be hungry at any time of the day or night. Babies cannot tell the time but they know what they need.

Prepare cooked vegetables plainly, do not add salt, sugar or spices. Good introductory vegetables are parsnips, sweet potatoes, yams and carrots. Still start feeds with breast or bottle, but now very gradually increase the amount of solid food given afterwards. Solids should only be given by spoon or hand, and never added to a bottle of feed.

Typical feed for one day at stage 1
· 1st feed - breast or bottle
· 2nd feed - breast or bottle

· 3rd feed - 1-2 tsp baby rice mixed with 1 tbsp milk from feed or 1-2 tsp unsweetened fruit puree
· 4th feed - breast or bottle
· 5th feed - breast or bottle

Stage 2:
Try and move gradually from solid food at one feed in the day to solid food at two and then three feeds. Follow your baby's appetite and move at their pace.

Avoid all baby foods that contain sugar or artificial sweeteners. Sugar contains no vitamins, minerals or protein, and can lead to obesity, both now and later in the child's life. Sweetened foods also confuse and seduce the appetite, tending to satisfy hunger quickly and displace healthful foods. Do not add salt to foods.

Typical feed for one day at stage 2:
· 1st feed - breast or bottle
· 2nd feed - breast or bottle followed by 1-2 tsp baby rice mixed with 1 tbsp milk from feed or 1-2 tsp unsweetened fruit puree
· 3rd feed - breast or bottle followed by 1-2 tsp vegetable puree or 1-2 tsp pureed fruit
· 4th feed - breast or bottle followed by 1-2 tsp pureed fruit
· 5th feed - breast or bottle

6-7 Months
At 6 months of age, wheat, corn and oat-based cereals can be introduced. Use well-cooked wholegrain cereals which should be mushy in consistency. If your family has a history of wheat, soya or corn allergies, start with rice or oat cereals. A small amount of mashed banana or breast milk can be added to the cooked cereal for easy introduction.

By 6 months of age, iron stores in omnivorous, vegetarian and vegan infants will become depleted, and it is important that iron-rich foods are included in the diet. Iron-fortified infant cereals are a good way to supply iron to vegan infants. To enhance iron absorption, add a source of vitamin C such as green leafy vegetables, citrus fruits, blackcurrants or orange juice to the meal.

Foods containing generous amounts of protein such as mashed cooked pulses, mashed tofu and soya yogurt are generally introduced at around 7 to 8 months of age.

8-10 months
From 8-10 months of age gradually adjust your baby's feeds to fit in with the rest

of the family's meal times. Your baby should be used to a spoon and experimenting with food that has soft lumps or is mashed, e.g. mashed potato. Bake potatoes whole to preserve vitamins and mash, with a small amount of water or breast milk. Try mashing them with cooked beetroot to make them pink, something that delights babies of this age. Your baby will be ready for fresh fruits, e.g. pears, peaches, plums and melons. Try finger foods such as toast or rusks.

Never leave your baby alone whilst eating or drinking. They could easily choke whilst your back is turned. Avoid giving chunks or sticks of vegetables to children under 3 years of age because of the danger of choking.

Your baby may also be taking a drink from a cup. Suitable drinks (in addition to bottle or breast) include cooled boiled water or diluted fruit juice, e.g. apple, watermelon, pear, peach and prune. Children's teeth are at most risk from tooth decay. Babies should never be left with sugar drinks or juices in feeding bottles or reservoir feeders.

Typical feed for one day at 8-10 months
· On waking - breast or bottle or unsweetened fruit juice or cooked boiled water
· Breakfast - stewed or fresh fruit, baby rice or breakfast cereal, toast fingers with margarine/yeast extract, breast or bottle
· Lunch - cooked vegetable puree with protein

10-12 months
At 10-12 months the texture of foods can be chopped, finely grated or blended. Your baby is likely to be holding a spoon and trying to feed on their own. They should be receiving a variety of vegetables, and after a tolerance to various foods is established, they can be offered blended salads. Try blending avocado, tofu, apple sauce and cooked greens with nut butters. The introduction of peanuts and nuts to the diet of infants from allergic families should be delayed until three years of age or at an age advised by their medical practitioner. For infants from families with no known allergy there is no need to specifically delay the introduction of peanuts.

During this time period well-cooked whole grains (e.g. strained rice, barley and oatmeal) as well as high protein cereals (e.g. soya beans and wheat germ) may be introduced. Your infant should be eating a wide variety of vegetables now, including spinach and cabbage, along with root vegetables and fruits.

12+ months
From 12 months of age infants can share the same meals as the rest of the

family, with additional snacks in-between. Add legumes (peas and beans) to the menu, but be sure all beans are cooked until quite soft, and that the skins (especially soya) are removed. A thin split-pea soup is a good introduction to legume protein. Check stools to see whether the beans are being digested well. If the stool smells sour, if your baby's bottom becomes reddened or irritated, or if parts of beans are seen, wait a while before trying legumes again. Some infants do not tolerate whole legumes until two or three years of age. However, other soy products (such as soya milk and tofu) and grains will meet the child's nutritional needs. Hummus, made with chickpeas and tahini (sesame seed butter), is a tasty protein and calcium-rich food. Another winner is avocado, rich in riboflavin, essential fatty acids, potassium and copper. Small pieces of ripe avocado can be eaten as finger food, or blended with water or fruit juice. Smooth nut and seed butters spread on bread or crackers are another good finger food.

It is now a good time to introduce bread to the diet. Start with toast, as it is easier for your infant to chew. Don't forget how much children, even young ones, love noodles. Pastas, enriched with artichoke or other vegetable flours and served with gravies and sauces, provide energy and protein.

Also try to get your infant at this age to enjoy raw vegetables such as carrots and cucumbers. Grate vegetables finely, or try putting a dab of peanut butter, tahini or almond butter on vegetables to entice the infant to eat. Plain tofu and rice cakes are other healthful snacks.

As solid foods become a larger part of the diet, be sure to give foods which provide concentrated sources of calories and nutrients such as mashed firm tofu, bean spreads, mashed avocado and cooked dried fruits. Frequent meals and snacks help to ensure adequate energy intakes. The fat intake of healthy infants should not be restricted, and sources such as vegetable oils or soft vegan margarine should be included in the older infant's diet.

Corn syrup should not be given to infants younger than one year because of the risk of botulism, a form of food poisoning.

Typical feed for one day at 12+ months

· Breakfast - cereal or tahini on toast, breast or bottle-feed
· Lunch - mixed vegetable dish with a pulse base and a variety of vegetables, rice pudding or fruit, and water or diluted fruit juice
· Tea - baked apple and rice, soya yoghurt
· Evening - breast or bottle feed

Throughout these early months of the infant's life, criticism may be endured from

friends, family or the medical establishment that the diet is "reckless" or "experimental", but be assured that it is a good healthy start to life. Many health professionals now recognise that a vegan diet can be both nutritionally adequate and health-promoting for both adults and children.

KEY POINTS FOR FEEDING VEGAN INFANTS

A growing number of commercially-prepared baby foods are suitable for vegan infants. These are listed in the *Animal Free Shopper,* which is available from the Vegan Society. Nevertheless, many parents opt to prepare their own baby foods. Foods should be well washed, cooked thoroughly, and blended or mashed to an appropriate consistency. Home-prepared foods can be kept in the refrigerator for up to two days, or frozen in small quantities for later use

- Infants need plenty of energy. Home-prepared cereals should be made as a thick porridge and not as a thin gruel. Add a little vegetable oil to the cooked grains to increase their calorie content and improve palatability by making them less glutinous as they cool.
- Use more soya bean oil or rapeseed (canola) oil, and less sunflower, safflower or corn oils. The former may encourage the production of fatty acids that are important for the development of the brain and vision.
- Do not allow infants to fill up with liquids before meal-times.
- Spread breads with margarine fortified with D2 and B12 or with seed or nut butters to increase energy density.
- Low salt yeast extract is a good source of vitamins and minerals.
- Well-cooked and mashed pulses provide energy and protein. Use black molasses to boost iron and calcium intakes.
- Tofu prepared with calcium salt (usually calcium sulphate) contains more calcium than cow's milk. It is also rich in protein.
- Make sure children have access to sunshine regularly and provide vitamin D2 supplements in winter.
- Use soya milk that is fortified with calcium, vitamin D2 and vitamin B12.

PEANUTS & ALLERGIES

The American Academy of Paediatrics does not recommend any sort of nut butters for children under 3 years. In families where there is a history of allergy, eczema or asthma, it is recommended that peanuts and peanut products be delayed until the child is at least 3 years old. The British Dietetic Association (June 1997) says there is no need to specifically delay the introduction of peanuts in families where there is no known allergy. Use peanuts and tree nuts of a suitable texture, such as smooth nut butter, from the age of 6 months or when weaned, but not before 4 months. Whole nuts are not recommended for the under fives due to the risk of choking. Peanuts are a good source of calcium and protein. In the UK, it is recommended that peanuts be avoided by pregnant or breast-feeding women if there is a history of allergies. It is suggested that women who are atopic (or where the father or any sibling has atopic disease) may wish to avoid peanuts in their diet to reduce the risk of their children developing peanut allergy, but this is simply precautionary as there has been no conclusive evidence.

VEGAN TODDLERS AND PRESCHOOLERS

Toddlers and preschoolers, whether vegan or not, tend to eat less than most parents think they should. While nutrient needs are also relatively lower than during infancy, an adequate diet remains important to promote growth and development. These early years are also important for developing healthy eating patterns that can establish a foundation for a healthful adult diet.

Young children have small stomachs, and too much high fibre food may make them feel full before they get all the calories they need. Foods such as avocados, nut and seed butters, dried fruits and soya products provide a concentrated source of calories. Dried fruits are also a concentrated source of energy and are an attractive food for many children. Children from an early age should be encouraged to brush their teeth after eating dried fruits and other sweet foods to prevent tooth decay. If necessary, the fibre content of the diet can be reduced by giving some refined grain products, fruit juices and peeled fruits and vegetables. Eating more frequent meals, including nutritious snacks, can also help to ensure adequate energy intakes.

GROWTH OF VEGAN CHILDREN

If your child’s diet contains enough calories, normal growth and development can be expected. Vegan children in the UK and the US have been found to be slightly shorter and lighter in weight than average but appeared to be growing at a normal rate.

FURTHER INFORMATION ON KEY NUTRIENTS

Protein

It is unnecessary to plan and complement amino acids precisely within each meal so long as children eat a variety of protein-rich foods each day. Sources of protein for vegan children include pulses (peas, beans, lentils, soya), grains (wheat, oats, rice, barley, buckwheat, millet, pasta, bread), nuts, meat substitutes and nut butters.

Vitamin B12

B12 requirements for infants are 0.3mg per day for infants aged 0-6 months and 0.4ug for infants aged 6-12 months. Children from 1-10 years of age should consume 1ug increasing to 2ug per day. Because deficiency can have severe effects, and because natural plant sources of the vitamin (e.g. spirillina) are in serious doubt, it is important for vegan families to use and give their children fortified foods or supplements.

Vitamin D

As sunlight during the winter is not strong enough in the UK to enable vitamin D synthesis in the skin, it is prudent to ensure a regular intake of vitamin D either from supplements or fortified foods all year round. Formula feeds contain sufficient vitamin D for infants, but breast milk may not supply adequate amounts, especially in northern countries in the winter. Some autumn-born babies who are solely breast fed throughout winter may develop a deficiency. Nutritional rickets is more likely to occur under these conditions in dark-skinned children. The vitamin D levels of breast milk can be increased by taking vitamin D supplements. The Department of Health recommends that vitamin drops containing vitamin A, C and D be used for all children from 6 months to 5 years of age, or half a Veg 1 tablet can be taken.

Calcium

Calcium is an important nutrient for growing bones and teeth. Given the importance of calcium intake during youth to lessening the future risk of osteoporosis, ensure calcium-rich foods in the diet. Good sources include fortified non-dairy milks and juices, calcium-set tofu, baked beans, and dark green leafy vegetables low in oxalic acid such as spring greens and kale. Calcium supplements are also an option. The Reference Nutrient Intakes (RNIs) are 350-550mg per day for infants and children to the age of 10 years, 800mg per day for teenage girls, and l000mg per day for teenage boys.

Iron

Iron deficiency anaemia is the most common childhood nutritional problem, and

is no more likely to occur in vegan than in non-vegan children. Good sources of iron include whole or enriched grains and grain products, iron-fortified cereals, legumes, green leafy vegetables and dried fruits.

Zinc

Diets of vegan and non-vegan children often contain similar amounts of zinc, though zinc from plant foods is less well absorbed as they contain phytate, which interferes with zinc absorption. Emphasising foods that are good sources of zinc and protein such as pulses and nuts can increase the amount of zinc in the diet and promote absorption. Use of yeast-leavened bread and fermented soya products such as tempeh and miso can also improve zinc absorption. Zinc supplements may be needed for young vegan children whose diet is based on high-phytate cereals and legumes. For a list companies that produce vegan vitamin and mineral supplements suitable for children, contact the Vegan Society office.

TEENAGERS

Teenage vegans have nutritional needs that are the same as any other teenager. The years between the ages of 13 and 19 are times of rapid growth, so nutritional needs are high during this period. The teenage vegan should, like all vegans, eat a wide variety of foods including fruits, vegetables, plenty of leafy greens, wholegrain products, nuts, seeds, peas, beans and lentils. Nutrients that teenagers should be especially careful to include are protein, calcium, iron and vitamin B12.

THE TRANSITION TO A VEGAN DIET

Although today more and more children are vegan from birth, many older children also become vegan. There are many ways to make the transition from a non-vegan to a vegan diet. Some families gradually eliminate dairy products and eggs, while others make a more abrupt transition. Regardless of which approach you choose, be sure to explain what is going on – and why – in a way that your child can understand. Offer foods that look familiar at first. Peanut butter sandwiches seem to be universally popular, and many children like pasta or baked beans. Gradually introduce new foods. Watch your child's weight closely. Weight loss is likely at first, but if it continues, or the child seems to be growing less rapidly, add more concentrated calories and reduce the amount of fibre in the diet.

Many vegan children like:

- Bagels with nut butter or hummus

- Bean burritos or tacos
- Fresh or dried fruit
- Mashed potatoes
- Oven-cooked chips
- Pancakes and waffles
- Pasta with tomato sauce
- Peanut butter and yeast extract sandwiches
- Pizza without cheese (or with vegan cheese), topped with vegetables and pulses, tofu, or vegan meats
- Raw vegetables with dips
- Shakes made with soya milk and fruit
- Spaghetti with tomato sauce
- Tofu/vegetarian dogs
- Veggie burgers

ENTERTAINING CHILDREN AND THEIR FRIENDS

When dealing with non-vegan friends, it is worth making a note of the types of foods they will be likely to expect at parties. These foods may be slightly different from those that would be served to fellow vegans who may be eating a more wholefood-based diet. Children are notoriously undiplomatic in expressing their disapproval of food, and it can be very upsetting for vegan children to have 'their' food curtly rejected, especially at a birthday party or similar special gathering of friends. For example, avoid wholemeal breads if children are used to white bread, and avoid wholemeal pastry if they usually have pastry made with white flour. The Jus Rol frozen pastry is ideal as it comes as shortcrust, puff, and even ready to use vol-au-vents. Carob in cakes or sweets is not a good idea if they have never eaten it before, as their taste buds are usually anticipating the sweet chocolate taste and are understandably disappointed. Buy in one of the many good quality vegan 'ice creams' on the market that should win over any non-vegan child. There are jelly crystals available for making jellies and trifles, and these are increasing stocked in supermarkets as well as health food shops. For meat type products try the many products by companies such as Redwood’s or Fry’s. Also provide sticks of fresh vegetables such as carrots, celery, halves of tomatoes, crisps, peanuts, and fruit juices or fizzy drinks. There are plenty of recipes around for good vegan sponge cakes (chocolate is always popular) to round off the meal. For a cake and dessert recipe sheet contact the Vegan Society office.

SCHOOL DAYS

The Vegan Society provides a catering pack that can be passed on to the canteen or catering company dealing with meals for the school. Packed lunches are another option that allows more control over the food provided. Request a copy of The Vegan Society's sandwich fillings information sheet.

Whilst adults find it difficult to put up with criticism from relatives and friends,

children may find it much harder, being more sensitive to criticism and peer pressure. Many simply want to 'fit in' with the rest of the kids in the class, and not have to constantly defend their food and lifestyle. However, some kids actually rise to the occasion and enjoy being that little bit different! Other than at lunchtime, veganism is probably not going to be much of an issue at primary school. However, it is wise to prepare your children with sound information on veganism so they are able to stand firm against any comments coming their way.

In the case of secondary schools, animal rights as an issue is more and more popular with kids in their teens, and vegetarianism and veganism is becoming commonplace. The subject of veganism can even be found on the GCSE syllabus!

Additionally, the Vegan Society can provide a speaker service to schools and supply teachers with a free CD Rom on veganism: contact the Vegan Society's Education Officer for more details.

If you offer as much support, information and advice on this subject as you would on any other about which you hold firm convictions, then this will give your kids a good grounding in veganism for the future. Children deserve to have information presented to them in a manner that takes account of their age, sensitivity and level of understanding. Honest answers and straight-talking will pay rich dividends at a later date. Children who are not fed an assortment of half-truths or deliberate misinformation will have little difficulty in making the connection between live animals and the food on their plate.

RECIPES

Recipes can be shared between you and your baby. Though you may prefer not to puree your food or eat the rusks!

6-9 months

Baby Muesli
1 pear, peeled and chopped
5 dried apricots, simmered in a little water until soft
150 ml fortified soya milk
15g oats
Place the oats and soya milk in a saucepan and simmer for 3-4 min. or until the mixture thickens. Cool a little and place in a blender together with the cooked apricots and pear chunks. Blend until smooth and creamy.

Vegetable Puree
1 large potato, peeled and chopped
Florets removed from 1 broccoli stalk
1 courgette, sliced
2 or more tbsp soya milk

Steam or boil all the vegetables for around 10 min. or until cooked. Cool a little and place in a blender together with the soya milk. Blend until smooth and creamy. Other vegetables can used in this recipe instead of those listed.

Lentil Stew
25g dried red lentils
1 small potato, peeled and cubed
1/2 tsp tomato puree or tomato juice
1 small carrot, cubed

Place all ingredients in a saucepan and just cover with water. Bring to the boil slowly and simmer until all the liquid is absorbed and vegetables are softened. Cool a little and blend until smooth and creamy.

Baby's First Casserole
1 small onion, finely chopped
1 medium carrot, diced
1 medium potato, diced
75g dried red lentils
1 tsp mixed dried herbs
50g of tinned peas or beans
400ml vegetable stock
1-2 tbsp vegetable oil for frying

Fry the onion in a little vegetable oil until tender. Add the remaining ingredients and place in a casserole dish with lid. Place in a preheated oven at 180C, 350F or gas mark 4 for approximately 1 hour or until cooked. Cool a little before blending.

Quick Vegetable Stock
1 heaped tbsp yeast extract or 1 tbsp Marigold vegan bouillon
Approximately 500-750ml boiling water

9-12+ months

Quick Rusks
A cheap and quick recipe for rusks. Take one thick slice of uncut wholemeal bread and cut into thick slices. Place on a baking tray and bake for 15 min. at 180C, 350F or gas mark 4.

Minestrone Soup
1 small onion, finely chopped
1/2 clove garlic, crushed
1 medium potatoes
1 medium carrots
1/2 large tin tomatoes, chopped
1/2 stick celery
50g cabbage, finely chopped
50g peas
1 small tin haricot beans
75g dried pasta shapes
Vegetable oil for frying
1 litre of vegetable stock

Fry the onion and garlic in the vegetable oil. Add the celery and fry for a little longer. Add the remaining ingredients except the pasta and simmer for 20 min.. Add the pasta and simmer for a further 10 minutes.

Lentil Soup
50g dried red lentils
1 small carrot, diced
1 small onion, finely chopped
280ml soya milk
280ml vegetable stock
1/2 tsp mixed herbs
Seasoning - very little depending on age

Place all ingredients in a pan and simmer for 45 min.. Allow to cool a little and then blend.

Pasta & Tomato Sauce
There are many ready-made pasta sauces on the market now, and they are much quicker to use if time is of the essence. But if time allows, freshly made sauces are, of course, a better option. The Vegan Society's *Animal Free Shopper* provides a list of pasta sauces suitable for vegans. A ready-made = pasta sauce can be used as a good basic sauce, add a variety of finely-chopped and lightly fried vegetables to make the dish more interesting, e.g. mushrooms,

red peppers or onions. Wheat-free and gluten-free pasta is available for those with sensitivities and can usually be found in whole/health food shops. These are usually made from rice, millet or maize.

350g jar pasta sauce
450g firm plain tofu
3 tbsp soya sauce
2-3 adult portions of small dried pasta shells, bows or twists
Lightly fried vegetables of choice
Boiling water to cook pasta

Cut the tofu into small cubes, cover in soya sauce and marinade for 30 min. In the meantime bring a large pan of water to the boil and place the pasta in the boiling water. Simmer until tender for approximately 10 min. Wholemeal pasta will often take slightly longer. While the pasta is cooking, heat the pasta sauce in another pan together with the cubes of tofu. When the pasta has finished cooking, drain thoroughly and add to the sauce along with the lightly fried vegetables (optional). Mix thoroughly and serve. This should make enough for around 1-2 adults depending on appetites.

Shepherd's Pie
750g potatoes, peeled and cubed
25g-50g vegan margarine
50ml or more soya milk
1/2 onion, finely chopped
1 stick celery, finely chopped
1 medium carrot, diced
75g dried red lentils, cooked in water until tender
1 x 400g tinned tomatoes, chopped
150ml vegetable stock
Vegetable oil for frying

Steam the potatoes until soft and tender. Place in a separate bowl and add the margarine. Mash thoroughly adding the soya milk until the potato is smooth and creamy. Place aside. Heat the vegetable oil in a frying pan and add the onions and celery. Fry until tender. Add the carrot, chopped tomatoes and 150ml vegetable stock. Simmer for 20 min. or until lentils are cooked and liquid is absorbed. Place in a casserole dish and spread the creamed potato on top. Heat in the oven at 180C, 350F or gas mark 4 for 15-20 min. until potato is browned on top.

Bean Stew

75g dried peas and beans, soaked overnight
1 dsp dried lentils
1 carrot, diced
1 small parsnip, diced
1 small onion, finely chopped
15g plain flour
1 dsp tomato puree
1/2 tsp mixed herbs
1/2 litre vegetable stock
Vegetable oil for frying

Fry the onion lightly in vegetable oil. Add the remaining ingredients except the flour, bring to the boil and simmer gently for approximately 1 hour or until vegetables are cooked. Add a tbsp of cold water to the flour and mix into a paste. Add this to the stew and cook for a few more minutes until it thickens. Puree in a blender or, if the child is older, serve as it is.

Vegetable Pasties
100g dried brown lentils
275ml water for cooking lentils
3 medium carrots, diced
1 stick celery, finely chopped
220g potatoes, diced
150g peas, tinned or fresh
2 tsp yeast extract
1 tbsp tomato puree
1/2 tsp mixed herbs
salt & pepper to taste (optional)
450g shortcrust pastry (homemade or frozen)
Soya milk to glaze

Wash lentils and boil in water with celery for approximately 40 minutes until tender. Drain well. Steam or boil peas, carrots and potatoes until tender. Place all ingredients in a bowl and mix thoroughly. Allow to cool. Roll out pastry and cut out rounds to make pasties. Make very small pasties so the child can easy hold them. Place a spoonful of filling in the middle of the pastry round and moisten the edges with soya milk. Bring edges up together and press firmly to seal. Brush with soya milk to glaze and poke holes with a fork to allow hot air to escape whilst baking. Bake for 15-20 min. at 200C, 400F or gas mark 6. Remove from oven when brown on top and allow to cool. They may be served hot or cold.

Fruit Tofu Dessert

75g mixed dried fruit
75g silken tofu
50g live soya yoghurt
Gently cook dried fruit in a little water until soft and tender. Cool a little and blend with the yoghurt and silken tofu until smooth and creamy.

Milky Fruit Jelly
1 heaped tsp agar agar
250ml pineapple or other sweet juice
250ml concentrated fortified soya milk

Heat the soya milk and pineapple juice. Add agar agar and boil for 2-3 min. Place in mould and allow to set in the fridge.

Plain Fruit Jelly
500-750ml sweeten fruit juice, e.g. pineapple and mango
2 heaped tsp agar agar powder

Heat fruit juice until boiling. Add agar agar and allow to cook for 2-3 minutes. Pour into a jelly mould and allow to set in the fridge overnight. Serve with soya cream.

Trifle
500-750 ml jelly (use recipe above)
500-750ml custard (made with Bird's custard powder, soya milk and sugar)
Cake (use 1/2 of the plain Birthday sponge cake recipe)
Rich's Whip Topping (frozen whipped cream)
Banana or other fresh fruit, diced (optional)
Grated chocolate for decoration

Make the jelly (adding fruit if required) and allow to set firmly in a bowl in the fridge. A clear deep glass bowl allows all the layers to be seen. In the meantime, make the custard using the instructions on the tin. When cooked allow to cool by placing the saucepan in cold water in the sink. Do not allow water to get into the pan. Either keep stirring or place cling film over the custard to prevent a skin forming. When completely cool, spread over the jelly. Then whip up the cream and spread over the custard layer. Pull up into peaks. Sprinkle with grated chocolate for decoration. Stand in fridge for a couple of hours (or overnight) to set completely.

Birthday Cakes
These two recipes can either be made as described or the cake recipes can be

used as a basis for creative birthday cake making, e.g. bake in square cake tins, cut into blocks and cover with coloured icing to make cars or trains. Add vegan chocolate biscuits for wheels, liquorice for bumpers, Whizzers (Smarties look-a-likes) for door handles, etc. Alternatively, bake in a round cake tin and decorate with coloured icing to make a clown's face. Cakes can be as imaginative and exciting as any non-vegan counterpart.

Plain Sponge Cake
250g self raising wholemeal flour (sieved)
75-100g raw cane sugar
125g margarine
3 tsp baking powder
275ml vanilla soya dessert or custard
1/4 tsp almond essence and/or vanilla essence
pinch of sea salt
soya milk

Over a low heat dissolve the margarine and sugar. Allow to cool. In a separate bowl mix together the dry ingredients. Add the margarine mixture to the dry ingredients and mix well. Add the soya dessert or custard and essence. A soft dropping consistency is required so add extra soya milk if needed. Place in two square baking tins and bake for 180F for 25-35 min. or until cooked. Remove from the oven and cool a little before removing from the tin. Remove from the tins and cool completely on a wire tray. Sandwich with jam or 'butter icing' made with vegan margarine and icing sugar. Cover with Regalice ready to roll icing which is available in different colours. Place animal or cartoon character shapes on top.

Chocolate Cake
200g self-raising wholemeal flour
2 heaped tsp baking powder
25g cocoa
75g Barbados sugar
100ml vegetable oil
550m-750ml cold water
1 bar Chocolat Patissier Menier
1 packet Whizzers Dairy-Free Chocolate Beans ('Smarties' look-a-likes)

Place all ingredients in food processor. Mix thoroughly for a few seconds. Place mixture in greased tin and bake for 30 min. at 180C in two round cake tins. Remove from the oven and allow to cool a little before removing from the tin. Remove from tin and cool completely on a wire rack. Melt bar of chocolate in a

double bowl and spread on top of cake. Allow to set overnight and cut next day for best results. Mix icing sugar with a little hot water to a soft consistency. Ice the top of the cake with HAPPY BIRTHDAY. Place Whizzers around the edge of the top of the cake.

'Butter' Icing
75g oz margarine
100g icing sugar
1 tsp vanilla essence

Beat the margarine and icing sugar until creamy. Add flavouring and beat again. Use as a filling for the sponge cakes.

FURTHER INFORMATION

Vaccinations
The subject of whether or not to vaccinate children is an oft-debated topic of particular concern to vegans and vegetarians who want to know more about the content of the vaccines, whether animal testing has been involved in their production, and their long-term safety. At The Vegan Society we do not advise that people take or avoid vaccines but leave it to the individual to decide.

Healthy Start
In the UK, families on certain benefits can qualify for weekly vouchers which are exchanged for milk, fresh fruit, fresh vegetables and infant formula milk. You can also get free vitamins. Healthy Start replaces the Welfare Food Scheme.
For more details visit www.healthystart.nhs.uk

THE VEGAN BOOK SHELF

Animal Free Shopper; The Vegan Society. (Contains a section on Baby & Infant Care products.)
Benji Bean Sprout Doesn't Eat Meat! Sarah Rudy, Sun King Pub and Graphics, (2004).
Compassionate Kids: Raising Children the Vegan Way; Helen Hewitt & Jacqulyn Edwards, Magpie House, (2005).
Go Vegan Go! Seamus Brough, Magpie House, (2006).
Happy, Caring, Healthy & Sharing – a book for young green vegans; Graham Burnett, Land & Liberty, (1991).

Raising Vegan Children in a Non-Vegan World; Erin Pavlina, VegFamily, (2003).
Raising Vegetarian Children; Joanne Stepaniak & Vesanto Melina, Contemporary Books, (2003).
Raising your Vegan Infant - With Confidence; Sandra Hood, The Vegan Society, (2005).
The Amazing Adventures of Wonderpig; Phil Tutton, Wonderpig Publishing, (2007).
Vegetarian and Vegan Mother and Baby Guide; Rose Elliot, Viva! (2003).

USEFUL ORGANISATIONS

Arnica. Encourages open discussion about vaccination and natural health alternatives to vaccination. Email info@arnica.org.uk. Website: www.arnica.org.uk.
Association of Breastfeeding Mothers. PO Box 207, Bridgwater, Somerset, TA6 7YT. Telephone 0844 4122949. Email counselling@abm.me.uk. Website: www.abm.me.uk.
Breastfeeding Network. Po Box 11126, Paisley, PA2 8YB. Telephone: 0300 1000210. Website: www.breastfeedingnetwork.org.uk.
Contact a Family. National charity that brings together families of children with special needs. 209-211 City Road, London EC1V 1JN. Telephone: 0207 6088700. Email: info@cafamily.org.uk. Website: www.cafamily.org.uk.
La Leche League. Help & information on breastfeeding. P0 Box 29, West Bridgford, Nottingham NG2 6FY. Website: www.laleche.org.uk.
National Breastfeeding Helpline. Telephone: 0300 1000212. Website: www.breastfeeding.nhs.uk.
National Childbirth Trust. Telephone: 0300 3300772. Website: www.nctpregnancyandbabycare.com.
Vegetarian and Vegan Families, 35 Rectory Grove, Hampton, TW12 1AH. Telephone 020 8941 8075.

THE VEGAN FAMILIES LIST

The Vegan Society holds a list of vegan families in the UK. This is a network of vegan families who have had or have vegan children and are happy to be contacted by Vegan Society Members for advice and support on, for example, feeding, home education and vaccinations. To receive a copy of the list, or to have your family added, please contact the Vegan Society office.