



A vegetarian diet for babies and toddlers



Are you considering a vegetarian diet for your child? We have valuable information and practical tips to help you navigate this dietary choice.

What exactly is a vegetarian diet?

Following a **vegetarian** diet means abstaining from consuming meat and, in many cases, fish as well. However, some vegetarians include milk, dairy products and/or eggs in their diet.

What exactly is a vegan diet**?

A **vegan** diet completely excludes animal products.

Expert recommendations

Nutritionists generally recommend a varied diet that includes meat, fish, eggs, and dairy products.

A balanced **vegetarian** diet that includes egg and dairy products is considered a viable choice, according to experts.

It's crucial to gather comprehensive information about the nutritional profiles of the foods consumed and to carefully plan your child's intake.

***It is not recommended to follow a vegan diet without consistent supplementation.**

Tips to ensuring an adequate nutrient intake in a vegetarian diet

If you remove meat and fish from your child's diet, it's important to pay special attention to certain nutrients.

Vitamin D

Egg yolk, edible mushrooms

Can be formed in the skin when exposed to sunlight. Especially in the absence of sunlight, supplementation in the form of drops or products like fortified growing-up milk should be considered.

Iodine

Eggs, milk (and dairy products)

You and your family should always use iodised salt.

Zinc

(Whole-grain) cereal, eggs

Opt for flours with high extraction rates. These have a higher zinc content.

Iron

Legumes, (whole-grain) cereal

Improve the absorption of plant-based iron by adding vitamin C-rich ingredients like juice, fruits, or vegetables to the meal or by feeding them as a dessert.

Vitamin B12

Eggs, milk (and dairy products)

Exclusively found in animal foods. Therefore, ensure a varied diet and consider administering vitamin B12 drops if needed.

Our new 100% plant-based HiPP meal jars

- nutritionally complete meals that are free from animal ingredients
- with valuable plant-based protein from legumes
- perfect for adding variety to your little one's diet

