

Title:

Is A Vegetarian Diet Safe For My Child?

Word Count:

430

Summary:

If you are vegetarian parent, you have probably considered putting your child on a vegetarian

Conversely, you might not be a vegetarian yourself, but have a child who is going through a ve

Whatever th...

Keywords:

Article Body:

If you are vegetarian parent, you have probably considered putting your child on a vegetarian

Conversely, you might not be a vegetarian yourself, but have a child who is going through a ve

Whatever the case is, you may have wondered whether or not a vegetarian diet is sustainable, h

These concerns probably prevented you from putting your child on a vegetarian diet up to this

And all of these concerns are legitimate. In fact, if a vegetarian diet is poorly planned, it

If you aren't well-prepared to put your child on a vegetarian diet, you definitely shouldn't.

You also know that putting your child on a healthful vegetarian diet can greatly improve her h

If you haven't researched vegetarian diets thoroughly, but you are anxious to start your child

1. Protein. Make sure your child is consuming enough protein by adding additional sources, suc

2. Calcium. Ensure your child is consuming enough calcium by adding calcium-fortified processe

3. Iron. Add more iron to your child's diet by increasing servings of soybeans, pinto beans, t

4. Zinc. Enhance your child's zinc intake by increasing his servings of almonds, peanut butter

If you concentrate on compensating for all of these common nutritional deficiencies, you absol

Just ignore the mythology surrounding vegetarian diets and instead focus on research and meal-

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