

Title:

Is A Vegetarian Diet Safe For My Infant?

Word Count:

309

Summary:

If, for dietary or ethical reasons, you have decided that you want to put your infant on a veg

If you plan to breastfeed the infant and you are also a vegetarian, you may need to supplement

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Keywords:

Article Body:

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Other than the B-12 supplements, your infant should be able to receive all micro and macronutr

If you plan to use formula rather than breastmilk, you should stick to commercial formulas, wh

If you want to keep your infant on a vegan diet, you can select a soy commercial formula, as l

After about a year, you can begin to supplement formula or breastmilk with other sources of nu

Nutritionists suggest that you keep your infant on a full-fat, high protein diet after age one

When you are ready to switch your infant to solid vegetarian foods, you can introduce solid to

If you supplement what a nonvegetarian diet lacks, maintain a full-fat diet, and increase your

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