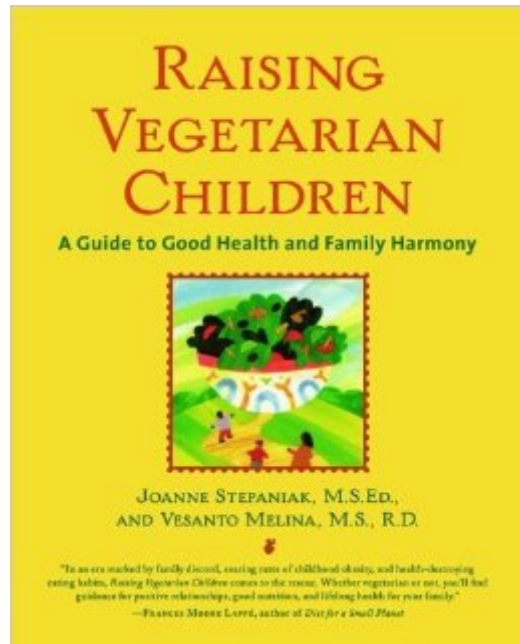


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# Raising Vegetarian Children : A Guide To Good Health And Family Harmony



## Synopsis

When parents choose a vegetarian lifestyle for their child, it can set family fingers wagging in dietary disapproval. It's no easier on steak-loving parents when Junior announces he's sworn off meat. With the strategies in *Raising Vegetarian Children*, parents can ease family tensions and learn to accommodate the nutritional and emotional needs of their vegetarian offspring. It includes a detailed explanation of the Vegetarian Food Pyramid and its vitamin- and protein-rich foods, allays concerns over dietary gaps, and is packed with recipes that will please any growing vegetarian, from infant to teenager.

## Book Information

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## Customer Reviews

Joanne Stepaniak and Vesanto Melina have created a much needed resource to serve parents and families, caregivers, and medical practitioners alike. After a thorough introduction discussing all aspects of vegetarian food and life choices (emotional, community, and psychological), the authors give a sound nutritional introduction. They then offer advice chronologically, beginning with nutrition for breastfeeding moms and continuing through introducing solids and feeding picky teens. The authors take a very down-to-earth approach, offering advice for parents of kids who are feeling alienated, or who want to eat meat away from home. Each stage of life has different nutritional concerns. Stepaniak and Melina address the stages with age-specific menu plans using recipes from Part 3 of the book. The authors begin Part 3 by giving some helpful cooking recommendations for new or aspiring "healthy" cooks. There are many easy-to-prepare, kid-friendly recipes, replicating

non-vegetarian favorites. Not all recipes have a 100% whole foods approach, and some include ingredients like "veggie dogs" or "veggie meats." The recipes range from beverages and breakfasts to snacks and entrees. All of the recipes include nutritional information, even the desserts. The book also has a very well organized index that makes it easy to pick up and find a piece of useful information. Raising Vegetarian Children ends with a large resource guide and bibliography, so those who want to dig deeper also know where to go.-- Reviewed by Amy O'Neill Houck

Raising Vegetarian Children, A Guide to Good Health and Family Harmony, by Joanne Stepaniak and Vesanto Melina, is a comprehensive guidebook that provides a practical plan for making sure your child's diet is nutritionally adequate. The first two hundred pages are devoted to the basics: ethics, family and relatives, being different, eating out; Vegetarian Nutrition 101 addresses the Total Vegetarian Food Guide, which is a vegetarian's answer to the tired meat and dairy-laden food pyramid. Nutritional needs for all age groups from birth to teens are addressed in precise detail, from nursing moms, supplements, picky eaters, and finger foods, to "the unique needs of teens," including nutrition for athletes, healthy skin, body image and eating disorders. Over one hundred pages are devoted to kid-friendly recipes such as Fabulous French Toast, Cheez-A-Roni, Crispy Tofu Fingers, French Bread Pizza, Fajitas, Tacos, Oven Fries, German Chocolate Cake, Fruit Popsoycles, over 20 sandwich spreads/fillings, and my 13-year old vegan daughter's favorite, The Very Best Chocolate Chip Cookies. The vegetarian community has long awaited this primer, and like all other books by Stepaniak and Melina, this one does not disappoint.

As a vegan, and a mom, it's important to me to pay careful attention to my children's nutritional needs. This book is FULL of great information and meal ideas. I have learned TONS from reading it, and it has earned a place on my kitchen counter! :c)A must-have for all vegetarian parents or parents of vegetarian kiddos.P.S. You MUST try the FlaxJacks- they are to \*die\* for! :c)

I am really impressed with the thoughtful ways that the authors have addressed raising vegetarian children in our culture. I am familiar with other books by both authors and so I surmised that the book would be about a pure vegetarian/vegan lifestyle, though those who include dairy and eggs in their diet will absolutely benefit from reading this book (nor is there any preachy tone about different choices). The authors have done a great job of helping find ways (some creative, some straightforward) to deal with family concern/conflict over diet and there is extensive nutritional information which is laid out in a readily comprehensible manner. The recipes are great- I hadn't

expected so many recipes to be included with this book and I am grateful that they have been. My son and partner have loved everything we've prepared from this book! (Try the Tri-Color Quinoa Corn Salad!!) Growth charts...advice for ages infant to teen...comprehensive information on every page-- all written in a friendly and intelligent way. I highly recommend this book as an excellent resource for families raising vegetarian or vegan children of any age.

I am not a parent, and I am not raising children, let alone vegetarian or vegan children. But I am a vegan. And I have 5 nieces and nephews, all under the age of 5 who are open, curious, love animals dearly, and foster an innocent and inherent sense of compassion and empathy. They are all being raised to love the dog and cat, to sing old mcdonald had a farm, and to consume meat and dairy daily. When the oldest nephew was at a farm with me, visiting with the animals he asked me what a one of the animals was - when I told him it was a chicken, his face got all puckered and confused, and he said in a rather tortured dismayed confusion, "chicken nuggets." That's when I knew I needed help! Kids have an inherent kindness and compassion within them, whether they are being raised in a veg lifestyle or not. And kids are curious and smart... smarter than we give them credit for. Whether you have children or not, you need to be prepared to deal gently with their innocence without lying or turning a conveniently blind eye to the truth, (and without getting into deep trouble with their parents)! This book lends perspective that can be useful in dealing with those types of situations. As the vegan auntie of 5 smart, inquisitive, animal loving, carnivorous children, I needed perspective!

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