

Sample Meal Plan for Vegan Pregnancy

BREAKFAST

1/2 cup oatmeal with maple syrup
1 slice whole wheat toast with fruit spread
1 cup fortified soymilk
1/2 cup calcium-fortified orange juice

MORNING SNACK

1/2 whole wheat bagel with margarine
1 banana

LUNCH

Veggie burger on whole wheat bun with mustard and ketchup
1 cup steamed collard greens
Medium apple
1 cup fortified soymilk

AFTERNOON SNACK

3/4 cup ready-to-eat cereal with
1 cup blueberries
1 cup fortified soymilk

DINNER

3/4 cup tofu stir-fried with 1 cup vegetables
1 cup brown rice
Medium orange

EVENING SNACK

Whole grain crackers with 2 TB peanut butter
4 ounces apple juice

This sample meal plan provides approximately 2200 calories, 100 gm protein, 55 gm fat (22% of calories), and 336 gm carbohydrate. This sample meal plan meets recommendations for calcium, zinc, vitamin B12, folate, thiamin, riboflavin, and niacin. Supplemental iron and vitamin D may be needed.

Feeding Schedule For Vegan Babies Ages 4-12 Months

	4-7 MOS*	6-8 MOS*	7-10 MOS	10-12 MOS
Milk	Breast milk or soy formula.	Breast milk or soy formula.	Breast milk or soy formula.	Breast milk or soy formula (24-32 ounces).
Cereal & Bread	Begin iron-fortified baby cereal mixed with milk.	Continue baby cereal. Begin other breads and cereals.	Baby cereal. Other breads and cereals.	Baby cereal until 18 mos. Total of 4 SVGS (1 svg=1/4 slice bread or 2-4 TB cereal).
Fruits & Vegetables	None	Begin juice from cup: 2-4 oz vit C source. Begin mashed vegetables and fruits.	4 oz juice. Pieces of soft/cooked fruits and vegetables.	Table-food diet. Allow 4 svgs per day (1 svg=2-4 TB fruit and vegetable, 4 oz juice).
Legumes & Nut Butters	None	None	Gradually introduce tofu. Begin casseroles, puréed legumes, soy cheese, and soy yogurt.	2 svgs daily each about 1/2 oz. Nut butters should not be started before 1 year.

*Overlap of ages occurs because of varying rate of development.

Diet Plans for Vegan Children Toddlers and Preschoolers (Ages 1-3)

FOOD GROUP	NUMBER OF SERVINGS
Grains	6 or more servings. A serving is 1/2 to 1 slice of bread; 1/4 to 1/2 cup cooked cereal, grain, or pasta; 1/2 to 3/4 cup ready-to-eat cereal.
Legumes, Nuts, Seeds	2 or more servings. A serving is 1/4 to 1/2 cup cooked beans, tofu, tempeh, or TVP; 1 1/2 to 3 ounces of meat analog; 1 to 2 TB nuts, seeds, or nut or seed butter.
Fortified Soymilk, etc.	3 servings. A serving is 1 cup fortified soymilk, infant formula, or breast milk.
Vegetables	2 or more servings. A serving is 1/4 to 1/2 cup cooked, or 1/2 to 1 cup raw vegetables.
Fruits	3 or more servings. A serving is 1/4 to 1/2 cup canned fruit, 1/2 cup juice, or 1 medium fruit.
Fats	3 servings. A serving is 1 tsp. margarine or oil. (Use 1/2 tsp. flaxseed oil or 2 tsp. canola oil daily to supply omega-3 fatty acids.)

Children (Ages 4-13)

FOOD GROUP	NUMBER OF SERVINGS
Grains	8 or more for 4 to 8 yr olds; 10 or more for 9 to 13 yr olds. A serving is 1 slice of bread; 1/2 cup cooked cereal, grain, or pasta; 3/4 cup ready-to-eat cereal.
Protein Foods	5 or more for 4 to 8 yr olds; 6 or more for 9 to 13 yr olds. A serving is 1/2 cup cooked beans, tofu*, tempeh, or TVP; 1 cup fortified soymilk*; 1 ounce of meat analog; 1/4 cup nuts or seeds*; 2 TB nut or seed butter*.
Vegetables	4 or more. A serving is 1/2 cup cooked, or 1 cup raw vegetables*.
Fruits	2 or more. A serving is 1/2 cup canned fruit, 1/2 cup juice*, or 1 medium fruit.
Fats	2 or more for 4 to 8 yr olds; 3 or more for 9 to 13 yr olds. A serving is 1 tsp. of margarine or oil.
Omega-3 Fats	1 per day. A serving is 1 tsp. flaxseed oil, 1 TB of canola or soybean oil, 1 TB ground flaxseed, 1/4 cup walnuts.
Starred Food Items	6 or more for 4 to 8 yr olds; 10 or more for 9 to 13 yr olds. A serving is 1/2 cup calcium-set tofu; 1 cup calcium-fortified soymilk, orange juice, or soy yogurt; 1/4 cup almonds; 2 TB tahini or almond butter; 1 cup cooked or 2 cups raw broccoli, bok choy, collards, kale, or mustard greens.

NOTES:

For the starred servings, these also count as servings from the other groups at the same time. They aren't additional. The items in the Starred Food Items listing are the foods you want since they are high in calcium. Serving sizes vary depending on the child's age.

The calorie content of the diet can be increased by greater amounts of nut butters, dried fruits, soy products, and other high calorie foods.

A regular source of vitamin B12 like Vegetarian Support Formula nutritional yeast, vitamin B12 fortified soymilk, vitamin B12 fortified breakfast cereal, vitamin B12 fortified meat analogs, or vitamin B12 supplements should be used.

Adequate exposure to sunlight, 20 to 30 minutes of summer sun on hands and face two to three times a week, is recommended to promote vitamin D synthesis. If sunlight exposure is limited, supplemental vitamin D should be used.

The information in this brochure was modified from Simply Vegan, 4th edition. The contents of this handout and other VRG publications are not intended to provide personal medical advice, which should be obtained from a qualified health professional.

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