



**Bayside Medical Group, Inc.**

www.baysidemed.com

**VEGETARIAN**

## Vegetarian Children

<b>Food Group</b>	<b>Daily Servings</b>	<b>Toddlers (1-2 Years)</b>	<b>Preschoolers (3-6 Years)</b>
<b>Breads, cereals, rice and pasta</b> 6 or more servings	Bread	1/4-1/2 slice	1 slice
	English muffin, bagel or bun	1/4	1/2
	Cooked cereal, rice or pasta	1/4 cup	1/2 cup
	Dry cereal	1/2 oz.	1 oz.
	6 inch tortilla	1/2	1 whole
<b>Legumes or other meat substitutes</b> 2-3 servings	Cooked beans, peas, lentils	1/4 cup	1/2 cup
	Tofu or tempeh	2 oz.	4 oz.
	Soy milk	4 oz.	8 oz.
	Peanut butter or other nut butter	1 tablespoon	2 tablespoons
<b>Fruits and vegetables rich in vitamin C</b> 1 serving	Citrus fruit or juice or vegetable rich in vitamin C	1/3 cup	1/2 cup
<b>Dark green/orange fruits and vegetables rich in vitamin A</b>	Raw (for older children)	2-3 pieces (if tolerated)	1/4-1/2 cup
	Cooked	1/4 cup	1/2-1/2 cup
<b>Other fruits and vegetables</b> 2 or more servings	Vegetables (including potatoes) and other fruits (apple, banana)	1/4 cup or 1/4-1/2 piece	1/4-1/2 cup or 1/2 piece
<b>Milk products</b> (Optional – make approp. substitutes) Up to 3 servings	Milk	1/2 cup whole milk	1 cup low-fat or skim
	Yogurt	1/2 cup	1 cup
	Cheese	1/2 oz.	1-1/2 oz. low-fat
<b>Eggs</b> Optional – limit to 3-4 yolks per week	1 egg or 2 egg whites	1	1
<b>Fats and oil</b> 3-4 servings	Margarine, butter or oil	1 teaspoon	1 teaspoon
<b>Added sugar</b> 6 servings	Sugar, jam, honey, syrup, etc.	1 teaspoon	1 teaspoon

\* The total vegetarian meal plan must include at least two servings of calcium-rich food items daily, such as: 1 cup milk alternative fortified with calcium, Vitamin D and Vitamin B12; 1 cup firm tofu; 1 cup cooked broccoli; and 1 cup cooked greens (e.g., collards, dandelion, kale, mustard).

### Food Combinations with Complementary Amino Acid Patterns for Adequate Dietary Protein

(serving size 1/2 to 3/4 cup depending on age)

Peanut protein + wheat, oats, corn, rice or coconut

Legumes + cereal

Soy protein + corn, wheat, rye or sesame

Leafy vegetables + cereals

Examples:

LACTO-OVO: Macaroni and cheese • Lasagna • Cheese and vegetable fondue • Creamed spinach casserole • Spinach-rice loaf • Peanut butter & jelly sandwich and milk • Bean chowder • Cornmeal and beans • Pea soup and milk • Grilled cheese

VEGAN: Rice and beans • Potato and wheat pancakes • Soybean and rice casserole • Sesame seed, rice and vegetables • Falafel (crushed wheat and chick peas) • Peanut butter and banana on whole wheat bread • Tofu