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Vegetarian and Vegan Mother and Baby Guide

by **Juliet Gellatley and Rose Elliot**

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Vegetarian and Vegan Mother and Baby Guide

by **Juliet Gellatley**
and **Rose Elliot**

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Juliet is the proud mum of twin sons, Jazz and Finn.

Rose Elliot MBE is Britain's foremost vegetarian cookery writer and her books have won her popular acclaim all over the world. Her invaluable *Mother, Baby and Toddler Book* explains the nutritional value of all the basic foods and gives a comprehensive range of recipes for mother and baby up to the age of two. The book arose from her personal experience as mother of three daughters, all vegetarian from birth.



Rose has written many other best-sellers including *Simply Delicious*, *Supreme Vegetarian Cookery*, *Not just a Load of Old Lentils*, *The Bean Book*, *Complete Vegetarian Cookbook*, *Vegetarian Slimming*, *Sumptuous Suppers*, *Vegetarian Supercook*, *Vegan Feasts* and *Vegetarian Express*.

Rose has been in the vanguard of the revolution of our eating habits in recent years. She is a frequent contributor to national magazines, radio and TV and gives cookery demonstrations at national exhibitions such as Viva!'s Incredible Veggie Show and the BBC's Good Food Show. Rose is a Patron of Viva! and VVF.

Vegetarian and Vegan Mother and Baby Guide

by Juliet Gellatley and Rose Elliot
Additional recipes by Helen Rossiter



Helen is Viva! & VVF's Food & Cookery Manager and editor of *Viva!life*. She runs cookery demonstrations across the UK and is a specialist in vegan cookery and photography.

Pregnancy

A balanced vegetarian or vegan diet provides all the nutrients needed for a healthy pregnancy. Healthy babies are being born to sixth – and seventh – generation vegetarians and vegans in the UK, and, of course, around the world whole cultures have been vegetarian for thousands of years! It is the most natural, healthful diet and perfect for nurturing your unborn child. If you would like more easy-to-read and reassuring information on what is a natural, healthy diet for mums-to-be and all people, read Viva!'s guide, *Wheat-eaters or Meat-eaters?* www.viva.org.uk/guides/Wheat-Eaters-guide.pdf

A healthy pregnancy should just be an extension of your normally healthy diet. If you eat well anyway, then eating right for your unborn child won't be such a radical change. If, however, your diet has always been based around junk food, meat and dairy produce, then it's time it wasn't, for both your sakes!

The secret of a healthy diet is to eat a variety of foods, focusing on wholegrains, pulses (peas, beans and lentils of all types), unsalted mixed nuts and seeds, and fresh fruit and vegetables. The table on page 6 shows what you need to eat each day. Eggs, meats, milk and cheese are high in cholesterol, animal fats and hormones (cows' milk contains 35 hormones and 11 growth

factors!) and are not needed (or even desirable) for a healthy diet, so they are not included.

There is plenty of scope for adventurous, creative cookery. With herbs, spices, stock cubes, flavourings such as soya sauce and creamed coconut, soya cheese and a host of other extras, you can create the most wonderfully exotic dishes, as well as all the traditional favourites.

Being underweight or overweight affects your baby

Many studies show that mums who undereat increase their child's risk of developing obesity and related diseases (eg heart disease, diabetes, cancer). It is believed that the foetus makes physiological adaptations to the 'famine' to prepare him or herself for life after birth. Far from being protective, these changes make the child more vulnerable to obesity and disease.

Recent research has also shown that when mums eat a high fat and/or high sugar diet during pregnancy it can result in their baby being predisposed to obesity and their children having metabolic syndrome (the precursor to diabetes type 2).

To state the obvious, it's important to not undereat or overeat during pregnancy! And it's important to eat the right types of foods.



What to eat each day for health – pre and post pregnancy

(Nutrient requirements are increased during pregnancy – see page 7)

Number of Servings	Food	Healthy Portion Size	To Provide
8-10	Fruit & Vegetables to Include: Dark Green Leafy Vegetables, Orange Vegetables, Fresh Fruit, Dried Fruit		Folate, Calcium, Vitamin A, Vitamin C, Fibre & Iron
	Fresh Fruit	1 medium piece the size of a tennis ball	
	Dried Fruit	1-1½ tablespoons or 1 golf ball	
	Green or Root Veg	2-3 tablespoons or ½ tennis ball	
	Salad Veg	80g or 1 large cereal bowl	
3-4	Cereals & Grains (eg Wholemeal Pasta, Brown Rice, Oats, Wholemeal Bread etc)		Energy, Fibre, B Vitamins, Calcium, Iron, Protein
	Cooked Brown Rice	2-3 heaped tablespoons or ½ teacup	
	Breakfast Cereal	25g or 1 regular-sized cereal bowl	
	Wholemeal Pasta	1 cup (cooked) as side dish or 2 cups as main dish	
	Wholemeal Bread	2 slices	
2-3	Pulses (eg All Types of Peas, Beans and Lentils), Nuts* and Nut Butters* or Seeds		Protein, Energy, Fibre, Iron, Calcium, Other Vitamins and Minerals; Ground Flaxseed for Omega-3 and Omega-6
	Peas, Beans and Lentils	½ cup (cooked)	
	Nuts*	2 tablespoons or a small handful	
Small Amounts	Vegetable Oil (eg Flaxseed, Hemp Seed or Rapeseed Oil, used cold; Virgin Olive Oil for cooking, Vegetable Margarines)		Energy, Vitamin E (Vegetable Oils), Vitamin A & D (Fortified Margarine), Essential Omega-3 and Omega-6 Fats (Flaxseed, Soya, Walnut and Hemp Oils)
At Least 1	B12 Fortified Foods (essential if vegan), eg Fortified Soya Milk, Fortified Breakfast Cereal, Yeast Extract (Marmite or Meridian Yeast Extract with added B12)		Vitamin B12
1-2 litres of water per day (at least eight glasses) should also be consumed as part of a healthy, balanced diet			

*** Note on Nuts:** Pregnant or lactating women from atopic families – where classical allergies such as asthma, hay fever, urticaria (skin rashes), rhinitis (recurrent sneezing and watering of the nose) or eczema exist in family members – should avoid peanuts (actually a pulse) and nuts in their own diet as sensitisation to these foods can occur in the womb and through breastfeeding. These foods should not be introduced into the diet of infants of such atopic mothers until at least three years of age or at a time recommended by a doctor. However, for the majority of infants, peanuts and nuts are an important addition to the diet and can be introduced into the diet from six months of age provided they are of a suitable texture eg smooth nut butter. Whole nuts should not be given to children under five years of age due to the risk of choking.

Do you need to eat twice as much when pregnant?

In short, no!

But during pregnancy a woman has to provide good nutrition for two individuals. The growing baby gets all his/her nourishment from mum through the umbilical cord, so diet is very important. If mum is lacking in any vitamins and nutrients her baby might lack them too.

If a woman has had trouble keeping her weight up or down before the pregnancy, she should make a nutritional plan with the help of a nutritional therapist or midwife.

How much energy does a woman need during pregnancy?

(Calories are sometimes called kilocalories or Kcals.)

- A woman who is not pregnant needs approximately 2,100 calories per day.
- A pregnant woman needs approximately 2,500 calories per day.
- A breastfeeding woman needs approximately 3,000 calories per day.

Increasing your nutrients for pregnancy

During pregnancy, your daily nutrient requirements increase. B vitamins such as folic acid, thiamin, niacin and riboflavin, vitamins A, C and D, calcium, iron and protein



are all needed in greater amounts. It's not surprising – you're making a whole new person and you'll need more nutrients than you do normally (see page 6). If your diet includes plenty of fresh fruit and vegetables, you will probably be getting more than enough of vitamins A and C, folate and thiamin, but it doesn't hurt to give them all a bit of a boost.

The recommended amount of fruit and veg we should all eat is of course five a day – but this is the minimum, not the maximum! Aim for eight to 10 portions daily. If you find that challenging, buy a juicer. They range in price from about £50 to several hundred but are a great investment because fruit and vegetable juices are a wonderful source of many vitamins, minerals and trace elements, including iron, calcium, zinc and folic acid. Experiment with different combinations for a vitamin-packed, energy-boosting drink!

Make it part of your routine to juice any fruit you enjoy – try apples, pears or tangerines with any berries (fresh or frozen) for a huge vitamin and antioxidant boost! About five of these fruits makes a small-to-medium glass of juice and tastes phenomenally good. Also try mixing fruit and veg together, eg carrots with apples and a little ginger root for zest and even more goodness. For more inspiration see one of the many juicing books – the VVF and Viva! stock some lovely ones at www.vegetarian.org.uk/shop and www.viva.org.uk/shop

Here's more on how to boost your intake of important nutrients during pregnancy...

Fabulous foods for female fertility & pregnancy

By Juliet Gellatley, BSc, Dip CNM, Dip DM, FNTF, NTCC, CNHC, founder & director Viva! & VVF

Nutrient

Why They're Vital for Making a Healthy Baby & Pregnancy

Rich Sources

Vitamins

Beta Carotene
(forms Vitamin A)

Crucial for enzymes for implantation of your fertilised egg. Essential for growth and development of foetus including his or her heart, lungs, kidneys, bones, and for hearing and vision. Also needed for infection resistance, fat metabolism and red blood cell production.

Helps keep DNA (genetic blueprint) healthy. Vitamin A is crucial for women about to give birth, as it helps with postpartum tissue repair.

Mangoes, Apricots, Peaches, Cantaloupe Melons, Watermelon, Carrots, Sweet Potatoes, Red/Yellow Peppers, Tomatoes, Green Leafy Vegetables (eg Broccoli, Cabbage, Spinach, Brussel Sprouts, Bok Choy), Watercress, Pumpkins, Romaine Lettuce, Chestnuts, Pistachio nuts

B Vitamins



Vital for making your sex hormones. Needed for converting food into energy. For creating new blood cells for growing baby and aiding growth, healthy vision and skin in your baby. Essential for your baby's nerve, brain, bone and muscle development.

Vitamin B6 can help reduce morning sickness (beans, nuts, avocados and bananas are good sources)

Wholegrains (Wheat, Rice, Oats, Rye, Buckwheat, Barley etc); Beansprouts, Pulses (Lentils, Beans and Peas of all types inc Soya Beans and French Beans), Avocados, Bananas, Potatoes, Sweet Potatoes, Mushrooms, Red Peppers, Carrots, Cabbage, Nuts (eg Peanuts, Almonds, Brazil Nuts), Quinoa. Different B vitamins are in different foods so variety is the key

Vitamin B9
(folic acid)

Vital for prevention of Spina Bifida and other neural tube defects and needed in first 28 days of pregnancy - so you need to take from preconception. If you are pregnant or thinking of having a baby, consider taking a daily 0.4mg (400 microgram) folic acid supplement from the time you stop using contraception until the 12th week of pregnancy. Also supports the placenta.

Berries, Mangoes, Pineapples, Avocados, Green Leafy Vegetables, Cauliflower, Asparagus, Parsnips, Pulses (eg Peas, Chickpeas, Kidney Beans, Black Eye Peas, Lentils, Edamame & Soya products eg Tofu), Brown Rice, Seeds (eg Sunflower Seeds), check if breakfast cereal is fortified

Vitamin C



Essential for formation of collagen (in pregnancy keeps protective membrane around baby strong). Collagen is also a component of skin, cartilage, tendons and bones. Also helps fight infections and cell damage. Helps you absorb iron. Mum and baby need a daily supply of this vitamin.

Blackcurrants, Kiwis, Mangoes, Oranges, Papayas, Grapefruits, Passion Fruits, Pineapples, Strawberries, Lychees, Chestnuts, Avocados, Butternut Squash, Broccoli, Spinach, Cabbage, Swiss Chard, Brussel Sprouts, Bell Peppers (any colour), Parsley, Potatoes, Peas and many other fresh fruit & green vegetables

Vitamin D

Essential for tooth enamel and bone development in your developing baby. A deficiency during pregnancy can slow growth and cause skeletal deformities, putting baby at risk of rickets after birth.

Sunlight on Skin;
Fortified Margarine,
Fortified Breakfast Cereals

Vitamin E

Protects vital genetic blueprint (RNA and DNA) reducing risk of congenital defects.

Apples, Berries (all types), Kiwis, Mangoes, Nectarines, Peaches, Vegetable Oils, Wheatgerm, Wholegrains, Tomatoes, Nuts (esp. Almonds, Hazelnuts), Sunflower Seeds, Pine Nuts, Avocados, Asparagus, Butternut Squash, Parsnips, Potatoes, Spinach, Carrots, Celery

Vitamin K



Supplied by food but main source is from gut bacteria. Baby is born sterile so must rely on mum's supply from breast milk or formula milk for several weeks. Eat plenty of dark green veg.

Avocados, Berries, Pears, Kiwis, Mangoes, Pomegranates, Broccoli, Lettuces, Cucumbers, Celery, Carrots, Asparagus, Spinach, Cabbage, Brussel Sprouts, Bok Choy, Leeks, Edamame, Kidney Beans, Molasses, Peas, Basil, Thyme, Nuts (eg Cashews, Chestnuts, Hazelnuts, Pistachios)

Minerals & Trace Elements

Calcium

For development of baby's bones, heart, muscles and nervous system, also heart rhythm and blood clotting. If you don't get enough calcium when you're pregnant, your baby will draw it from your bones, which may weaken your health later on.

Also important to reduce the risk of osteoporosis in mum later on in life.



Non-oxalate dark green leafy vegetables (such as Broccoli, Kale, Spring Greens, Cabbage, Bok Choy, Parsley and Watercress), Dried Fruits (such as Figs and Dates), Nuts (particularly Almonds and Brazil Nuts), Coconuts, Seeds including Sesame Seeds and Tahini (sesame seed paste) used to make Hummus, Quinoa, Pulses (any Peas, Beans and Lentils) and Calcium-Set Tofu (Soya Bean Curd), Root Veg (eg Parsnips, Swedes, Turnips), Olives, Calcium-enriched Soya Milk (check the ingredients label for calcium – most soya milks contain the same amount of calcium as cows' milk)

Chromium

Essential in controlling blood sugar levels and helps make DNA (genetic building blocks in every cell). Promotes the building of proteins in your developing baby's growing tissues.

Iron



One-third of pregnant women in Britain show mild anaemia. Iron is needed to make haemoglobin, the protein in red blood cells that carries oxygen to every cell in your body for energy and growth. The amount of blood in your body increases during pregnancy until you have almost 50 per cent more than usual (even more if twins!), so you need more iron to make more haemoglobin. Mum supplies oxygen to baby via her placenta. Iron also helps build bones and teeth. If mum doesn't have enough iron then baby may be in short supply.

Magnesium

For energy production, healthy bones and liver, to help balance blood sugars, relax muscles, for nerve function, and for many hormones including stress hormones. Proper levels of magnesium during pregnancy can help keep the womb from contracting prematurely.

Phosphorus

Needed for building baby's bones and teeth; normal heart rhythm and developing blood clotting. Also for healthy kidneys, nervous system, repairing cells and creating and using energy.

Potassium

Important for muscle activity and contractions, heart muscle and nerve functions and making energy. In mum, protects against high blood pressure and osteoporosis as it lowers the loss of calcium from the bones.

Selenium



Protects against free radical damage to cells and risk of congenital defects. Helps fight heavy metal poisoning.

Dried Apricots, Prunes, Raisins, Figs, Dates, Cherries, Grapes, Blackcurrants, Blackberries, Raspberries, Strawberries, Lyches, Watermelons, Avocados, Broccoli, Bok Choy, Spinach, Cabbage, Pumpkins, Pulses (all types of Beans, Peas and Lentils), French Beans, Wholegrain (esp Oats, Rye, Wholewheat and Spelt), Pumpkin Seeds, Quinoa, Coconut Flesh, Black Treacle, Cocoa, Turmeric, Thyme

Apricots, Apples, Bananas, Raspberries, Berries (eg Blackberries, Strawberries), Watermelons, Green Leafy Veg (eg Broccoli, Bok Choy, Spinach, Cabbage, Brussel Sprouts), Nuts (eg Almonds, Brazil Nuts, Cashews), Pulses (esp all types of beans), Avocados, Artichokes, French Beans, Butternut Squash, Wholegrains, Quinoa

Bananas, Cantaloupe Melons, Apricots, Strawberries, Fennel, Brussel Sprouts, Broccoli, Aubergines, Tomatoes, Parsley, Cucumbers, Turmeric, Ginger Root, Avocados, Cauliflower, Cabbage, Nuts (eg Almonds), Coconuts

Brazil Nuts (very high), Bananas, Mangoes, Watermelons, Asparagus, French Beans, Parsnips, Wholegrains, Garlic, Brewer's Yeast, Sweetcorn, Spinach, Broccoli, Pulses (Peas, Beans and Lentils), Brewer's Yeast, Mushrooms

Zinc



Probably plays biggest role in reproduction.

Deficiency increases miscarriage rate, low birth weight, labour and delivery problems.

Needed for hormone balance, development of egg, successful fertilisation and enzymes of egg implantation. Zinc is important for enzymes to work and helps make insulin. It is needed to create and repair DNA (genetic blueprint) so getting enough zinc is important for the rapid cell growth that occurs during pregnancy. Also helps form nerves, skeleton, organs and circulatory system. Needed for a healthy immune system and sense of taste and smell.

Avocados, Blackberries, Raspberries, Asparagus, French Beans, Brussels Sprouts, Pulses (Peas, Beans and Lentils of all types inc cocoa beans in dark chocolate and cocoa powder), Wholegrains (eg Brown Rice, Wholegrain Bread, Oats, Rye), Green Leafy Veg, Nuts (eg Peanuts), Seeds (esp Pumpkin Seeds, Sesame Seeds used to make Hummus), Brewer's Yeast, Basil, Thyme

Carbohydrates

Your (and so your baby's) main source of energy! Eats lots of complex carbs.

Fats

Good fats are vital for your baby's brain and eye development before and after birth. They also help the placenta and other tissues grow and may help stop premature birth and low birth weight.



Seeds esp. Flaxseed (aka Linseed), Hempseed and their Oils, Nuts & Nut Oils (esp. Walnuts), Virgin Olive Oil, Dark Green Leafy Vegetables, Soya Beans (eg as Tofu), Avocados. Olive oil is best for cooking. Flaxseed and hempseed oil shouldn't be heated. Ideal for salad dressing though and high in omega-3!

Fibre

During pregnancy, the body produces more female hormones than normal and this can cause constipation. Fibre is vital for healthy bowels and bowel movement.

All Fresh Fruit & Vegetables, Dried Fruits (eg Prunes, Apricots) Wholegrains (Pasta, Rice, Oats, Bread, Barley, Rye), All Nuts, All Pulses (Beans, Peas, Lentils – baked beans are high)

Protein

Protein is vital to build and repair your, and your baby's, cells. It's particularly important to get enough protein throughout your second and third trimesters, when your baby is growing the fastest and your breasts and organs are getting bigger to fulfil the needs of your growing baby.

Pulses (Peas, Beans, Lentils), Soya (eg Tofu, Soya Milk, Soya Mince), Wholegrains (eg Brown Rice, Wholegrain Bread and Pasta, Oats, Rye), Seeds (all types) & Seed Paste (eg Tahini used in Hummus) and Beansprouts, Nuts (all types)

Fiona Phillips, GMTV Presenter

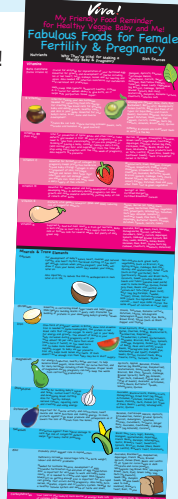
"As a healthy vegetarian I enjoyed a perfectly normal pregnancy and had no concerns about bringing up my baby on a meat-free diet. Indeed Nathaniel is reaping the benefits that come from being a veggie. He developed normally, is robustly healthy and without doubt bigger and bouncier than his peers! And all this without any animal flesh. This is no surprise to me as I consider a vegetarian diet to be not only perfectly safe but more healthy for you and your baby. I would have no hesitation in recommending a vegetarian diet to everyone!"



Buy a Friendly Food Reminder!

Fabulous Foods for Fertility & Pregnancy Wallchart

Laminated and colourful – ideal for sticking on your fridge. If you find the chart on pages 8-10 helpful – you'll love this version. Only £2. www.viva.org.uk/shop or call 0117 944 1000 (Mon-Fri, 9-6)



Protein

Protein is needed for growth, repair of tissue and protection against infection. Protein can be found in all pulses (all types of beans, peas and lentils), nuts, seeds, brown rice, wholegrains and wholegrain products such as breakfast cereals, brown bread and pasta. The humble soya bean – used in many soya products such as soya burgers, soya milk and tofu (soya bean curd), is nutritionally equivalent to meat, containing as it does all the building blocks (amino acids) of protein. Try cooking the unadulterated green young soya beans (called edamame beans in Japanese restaurants and in the freezers of many supermarkets) as a starter or side dish – delicious!

Quinoa, a seed, is also high in protein. It contains all essential amino acids and so, as with soya, is known as a complete protein. Use it like a grain – many people use it in place of rice or potatoes in stir-fries, soups and so on. It is easy to cook, taking about 15 minutes to prepare and is available in most supermarkets.

Preeclampsia, a syndrome of high blood pressure, reduced blood flow to the placenta and premature delivery, has been attributed to insufficient protein intake and so it is prudent to increase your intake in the final trimester. The good news is that medical studies on 775 vegan mothers showed them to be less prone to preeclampsia.

Fats

Fats can either be saturated (found in high concentrations in most animal-derived foods such as butter, hard cheeses, red and white meats etc) or unsaturated. Whilst it's best not to eat the saturated kind at all we do need the unsaturated type – the so-called essential fatty acids or polyunsaturated fats. There are two types of essential fatty acids – omega-3 and omega-6.

These fats are essential in the diet for brain function, for repairing body tissue, to carry some vitamins (A, D, E and K) and for manufacturing some hormones. Essential fatty acids are a main constituent of the brain and eyes and are vital for the healthy functioning of all cell membranes. Omega-3 is also particularly anti-inflammatory and is important in combating many diseases such as heart disease and arthritis – plant omega-3s are the most powerful source (see the VVF's guide, *Fish-Free for Life: Why Plant Omega-3s are Better for You and the Environment* for more information at www.vegetarian.org.uk/guides/guides.htm).

The developing foetus requires omega-3 fatty acids for cell membranes and physiological functions, as well as for the brain and retina of the eye. The foetus requires a constant supply of this from mum and so is dependent on the maternal supply.

The best plant source of omega-3 fats is flaxseed, also known as linseed. Try ground



flaxseed (they must be ground, otherwise the seeds will go straight through your system without the fats being absorbed! You can buy them from health shops and supermarkets). Try sprinkling them on your breakfast cereal. The other source is flaxseed oil. Don't cook with this oil as heat destroys the omega-3s; instead use it to make salad dressings and pour cold into soups, casseroles, pasta dishes etc after you have cooked them. Add about 1tsp.

Omega-3 fats are also found in hemp seeds and hemp oil (use as above), cold-pressed rape seed (canola) oil, dark green leafy vegetables such as broccoli, some nuts eg walnuts and walnut oil (use cold-pressed oils unheated in salad dressings), soya beans and soya oil and wheatgerm.

Omega-6 fats are found in seeds and their oils (again use unheated), such as sunflower, sesame, corn, grapeseed, hemp and rapeseed; some nuts (eg pecans, pistachios, walnuts); rice bran and soya beans.

Most Western diets tend to be high in the omega-6 fats but not so high in the omega-3 fats. We are supposed to eat four times as much omega-6 as omega-3 oils – but many of us eat 15 to 30 times more omega-6 than 3. It's a good idea therefore to make sure you include a wide range of the omega-3-rich foods in your diet. There are even some specially formulated oils that supply both the omega-3 and omega-6 fats in the right proportions available from most health shops and the VVF's shop (see www.vegetarian.org.uk/shop). Hemp seed oil and rapeseed oil naturally contain about the right proportions. Soya beans are pretty good too. Flax is much higher in omega-3 than 6 so is useful if you need to top up omega-3 levels.

Probably the best oil to cook with is virgin olive oil. Although it does not contain omega-3 and is low in omega-6, it is high

in another beneficial non-essential fatty acid (omega-9), has many health benefits and is relatively stable when heated.

A note on omega-3s from fish. Basically, don't eat them! All pregnant women are strongly advised by the Government to limit their oily fish intake and to not take cod liver oil (see *Foods and Drinks to Avoid* on page 15).

Calcium

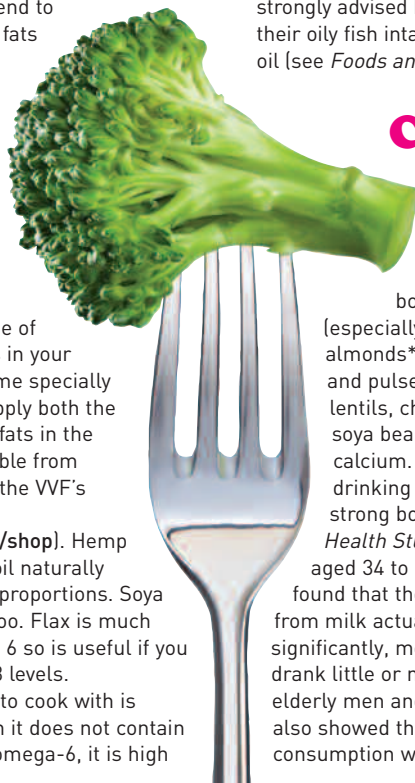
This vital element is needed for the healthy functioning of the nervous system, blood clotting and bone and tooth formation in both mother and baby. Seeds

(especially sesame), nuts* (especially almonds*), dark green leafy vegetables and pulses such as beans of all types, lentils, chickpeas and tofu (made from soya beans) are particularly rich in calcium. Contrary to popular belief, drinking cows' milk is no guarantee of strong bones. *The Harvard Nurses' Health Study* followed 77,761 women aged 34 to 59 for 12 years. The research found that those who got more calcium from milk actually had slightly, but significantly, more fractures than those who drank little or no milk. Another study of elderly men and women in Sydney, Australia also showed that higher dairy product consumption was associated with increased

fracture risk. Those with the highest dairy product consumption had approximately double the risk of hip fracture than those with the lowest consumption. (See Viva! & VVF Guides *Nutrition in a Nutshell*, *Your Health in Your Hands*; *It's Easy to be Dairy-Free* at www.vegetarian.org.uk/guides/guides.htm and VVF fact sheet *Boning up on Calcium* at www.vegetarian.org.uk/factsheets/calciumfactsheet.html.)

Iron

The need for iron increases during pregnancy because both mother and baby are busy creating new blood. The best sources are dried fruits such as figs, apricots, dates and prunes; nuts* and seeds, especially sunflower, pumpkin and sesame seeds; and black treacle. Lentils, kidney beans, baked beans and other pulses, tofu and soya milk, hummus, cocoa, fortified breakfast cereals, wholewheat and wheatgerm, green leafy vegetables and wholegrains (brown rice, oats etc) are also useful sources. Because vitamin C greatly increases the absorption of iron from the food in your body, it is essential to make sure you are eating plenty of fresh fruit and vegetables. The British Medical Association states that vegetarians are no more prone to iron-deficiency anaemia than meat eaters. (Find more information in the VVF fact sheet *Ironing out the Facts* at www.vegetarian.org.uk/factsheets/iron.html.)



Vitamins A, C and E

Vegetarians and vegans get plenty of vitamin A from eating foods containing beta-carotene. We convert beta-carotene into vitamin A in our bodies. Beta-carotene is high in carrots, sweet potatoes, red/yellow peppers, tomatoes, green leafy vegetables, watercress, mangoes, apricots, pumpkins, cantaloupe melons and romaine lettuce.

You'll find high amounts of vitamin C in kiwi fruit, berries and currants, fresh oranges, grapefruit, broccoli, spinach, cabbage, peas, blackcurrants, strawberries, green peppers and other fruit and vegetables. It's not in meat. Beta-carotene and vitamins C and E (this latter vitamin is found in vegetable oils, wholegrains, tomatoes, nuts*, especially almonds*, asparagus, spinach, apples, carrots, celery and avocado) are anti-oxidants and help protect you from several diseases including heart disease, stroke, diabetes type 2 and cancer.

The B vitamins

These vital vitamins comprise B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), biotin, B9 (folic acid) and B12 (cobalamin). Many B vitamins are involved in releasing energy from food and help to aid the growth and repair of the body. They are widely available in wholegrains

Juliet Gellatley, founder & director of Viva! & VVF and Twins Jazz (left) and Finn, pictured at 6 years

"Finn and Jazz were weaned onto a vegan diet because I wanted to give them the best start and encourage compassion. They are vivacious, healthy boys with a love of life – all life (except spiders – I'm working on that!).

"I breastfed them until they were four months old and then gradually introduced soya formula and started weaning them little by little at six months. Their favourite foods were mashed avocado with banana and baby rice with puréed fruits. They now have a diet packed with nutrients – berries and sliced banana with cinnamon on their breakfast: juiced fresh fruits to drink and lots of green vegetables. We use a fair amount of pulses and lots of wholegrains and they drink soya milk fortified with B12. Because they are used to good food, Jazz and Finn tend to reject a lot of junk. Not all of it of course – I don't deny them 'treats' – just moderate them!

"I've always been upfront with Jazz and Finn about why we're vegan. Otherwise how can a child understand why we choose one food over another? When they were four and five they could not understand why the world isn't vegan – how could people eat animals? How can people be cruel? I am proud of their fast-developing and surprisingly sophisticated views of the world. They told me the other day that if you harm one thing, then you harm another and life is an intricate web so it

would be best if everyone just stopped the killing. Wise words from ones so young. They're just so gorgeous!"



* See *Note on Nuts* on page 16

including wholemeal bread, brown rice and wholemeal pasta, yeast extracts (eg Marmite or low salt Meridian Yeast Extract with Added Vitamin B12), pulses (peas, beans, lentils), nuts, seeds, dark green leafy vegetables, avocados and bananas. Many breakfast cereals are also fortified with the B vitamins.

Folic acid is required for protein synthesis, the formation of blood and the metabolism of DNA (our genetic blueprint), and helps prevent neural tube defects in the developing foetus. It is therefore necessary before conception and during early pregnancy to help prevent this condition. It is found widely in most vegetables (especially dark green leafy vegetables), nuts, pulses (peas, beans, lentils) and avocados.

Vitamin B12 (cobalamin) is required for the maintenance of a healthy nervous system and normal blood formation. The liver has stores of B12 lasting up to three years and the body is also very efficient at reabsorbing it. Many common foods are fortified with B12 such as fortified breakfast cereals (check the ingredients label), yeast extracts (eg Marmite or low salt Meridian Yeast Extract with Added Vitamin B12), vegetable margarines and soya milk. Ensure a daily serving of these types of food or take a daily B12 supplement.

Vitamins B6, B12 and folic acid are also necessary for helping to keep the arteries healthy.

Vitamin D

Just 15 minutes of exposure to sunlight on the face and arms is all that is required by the body to manufacture vitamin D. This vitamin aids the body's absorption of calcium and is needed for a healthy immune system. Because vitamin D is stored in the liver, a summer of moderate sun is normally enough to see us through the winter as well. Fortified breakfast cereals, soya milk and vegetable margarines can be useful dietary sources if exposure to sunlight is not practicable.



TV Presenter Wendy Turner-Webster, Jack, 9, and Freddie, 5 (and dad Gary Webster)

"After breastfeeding Jack, and then Freddie, for about three months each they went on to soya formula and thrived on it! I must say I could not bear the thought of putting dead flesh into my babies' mouths. Jack and Freddie have a colourful and varied diet combining vegetarian foods with my dairy-free alternatives to margarine, ice-cream, yoghurt, cream cheese etc. I have heard many times of the parents who are reluctant to tell their kids where burgers and bacon sandwiches come from. When Jack and Freddie were old enough to understand I had no hesitation in telling them the truth: that is the

only way, surely, that anyone can then be expected to make an informed decision. My pet hate is the way we are brainwashed from a young age to love some animals and eat others!"



Foods and Drinks to Avoid

If you are a vegetarian or vegan then (wisely) you won't be eating fish; if you are not then consider stopping! The government's Food Standards Agency conservatively advises that pregnant and breastfeeding women should limit their consumption of oily fish to no more than two portions a week. They, along with children under 16, should avoid shark, marlin and swordfish entirely and limit the amount of

tuna they eat due to contamination with potentially deadly pollutants.

There is overwhelming science highlighting the dangers of consuming deadly pollutants such as dioxins in herring, salmon, mackerel and, to a lesser degree, trout. Further, most of the world's fish are contaminated with mercury – a neurotoxin that causes neurological damage, developmental delays and learning deficits.

The FSA also advises that pregnant women "shouldn't take supplements containing cod liver oil, or other types of fish liver oil. This is because fish liver oil contains high levels of vitamin A, like liver and liver products such as liver pâté. If you have too much vitamin A, levels could build up in your body and may harm an unborn baby."

Approximately 95 per cent of food poisoning cases are caused by meat and dairy products. Remember, your baby will eat what you eat, so think carefully! Ripened soft cheeses such as Brie and Camembert must be avoided as they may contain high levels of listeria, which, in rare cases, can lead to listeriosis. This may result in miscarriage, stillbirth or severe illness in the newborn baby. Listeria bacteria has also been found in a very small number of cook-chill products. These must

"The vegan diet is the healthiest way to eat. It provides amply for all bodies be they adult, teenage or – the subject of this unique guide – baby, infant or pregnant ones! Following the advice in this booklet will help to ensure a healthy pregnancy and robust offspring. I endorse it wholeheartedly!"

Dr David Ryde. Fellow of the Royal College of General Practice

be reheated thoroughly until piping hot.

Eggs should be avoided as they carry risk of salmonella and contain significant amounts of cholesterol.

Vegetables and salads should be washed thoroughly to remove any contaminated soil and dirt.

Buying organic fruit and vegetables will help to limit the chemicals, such as pesticides and herbicides, reaching your unborn baby.

Caffeine in coffee and cola has been suspected of leading to birth defects or miscarriages but studies have proved inconclusive.

Although artificial sweeteners in food and drink are said to pose no threat, again there have been concerns regarding these. They cross the placenta and are eliminated very slowly from foetal tissues.



Smoking is clearly bad for you and your baby and is associated with low birth weight and cot death. It's never too late to give up.

Any prescribed or over-the-counter medication may prove harmful to the baby, even aspirin, paracetamol and cold remedies. If you don't really need them, the advice is not to take them. If you do, consult your doctor.

Avoid eating peanuts and nuts while pregnant or breastfeeding if you, your partner or a child in the immediate family come from an atopic family – see *Note on Nuts* on page 6.

Mother nature knows best

Don't forget that, despite all the rules and advice, vegetarian and vegan women have been producing healthy, beautiful babies for thousands of years. Trust your body and mother nature to nurture your unborn baby. We are a great ape and essentially evolved to thrive on a vegan diet (see other *Viva! Guides: Wheat-Eaters or Meat-Eaters?* and *Your Health in Your Hands*, available at www.viva.org.uk/guides). Vegetarianism/veganism are the most natural diets in the world so have a little faith!



Breast is Best

Breastfeeding is certainly the most natural form of nutrition during the infant's first year of life. Breastmilk is truly miraculous. It is the perfect food for baby, containing not only every nutrient needed but also antibodies that bolster the baby's immune system. It is impossible to replicate the exact formula of breastmilk, nor can a bottle replicate the closeness and skin contact that a baby gets when feeding from her mother. Besides, breastfeeding is so much easier and more practical than bottlefeeding. There's no sterilising equipment, no buying of milk powder, no heating of milk during the wee small hours and no chance of forgetting the baby's milk if you go out for the day. Also, if you're patient it's a natural means of losing any extra pounds you've put on during pregnancy. The World Health Organisation (WHO) now recommends that most women should exclusively breastfeed their babies for six months. They conclude that in general this is the healthiest start to life for a baby.

There are many benefits for the baby too. Asthma, eczema and other allergies can all be triggered by dairy produce. Digestive problems, ear infections, respiratory problems and intestinal bleeding have also been linked to the consumption of dairy products by infants.

The American Academy of Pediatrics

Committee on Nutrition has recommended since 1992 that cows' (and goats') milk should never be given during the first year of a baby's life.

Also, if you are concerned about calcium, remember that cows' milk has evolved for calves, not humans! It contains four times too much calcium for a human baby. Nature never meant us to drink it as infants or at any other time in our life! Three quarters of the world's population do not consume dairy products and they are lactose intolerant. There are many studies showing that nations that consume very little dairy (such as Thailand) have considerably lower incidences of osteoporosis than nations that consume high amounts



"The *Vegetarian and Vegan Mother and Baby Guide* is an excellent source of information for pregnant women and parents.

I recommend it most highly."

Professor Jane Plant, author of *Your Life in Your Hands* and other science-based popular health books and a patron of VVF



(such as the USA). Further, a review of the evidence on the effect of cows' milk on bone health [published in the *Journal of the American Academy of Pediatrics* in 2005] concluded that children and adolescents do not require cows' milk but instead must exercise regularly; eat plenty of fresh fruit and vegetables; and avoid smoking, fizzy drinks and caffeine for strong bones and teeth. For more information see the VVF's report on the effects of cows' milk on human health, *White Lies*, and the great pocket-sized shopping and health guide, *It's Easy to be Dairy Free*, at www.vegetarian.org.uk.

These are all good reasons why babies should be breastfed wherever possible. Although breastfeeding is natural there is a knack to it and it is a good idea to prepare yourself before the birth by reading some of the very good books that are now available.



The practicalities of breastfeeding

Wash your breasts as usual when you bath or shower but don't use soap as this can wash away the natural secretions that protect against soreness when the baby starts to suck. Get used to handling your breasts so that you don't feel awkward or embarrassed about this when the time comes to start breastfeeding.

The baby's suckling reflex is at its strongest in the first few hours after birth, so when your baby is handed to you it is a good idea to put her straight to your breast. If, however, for some reason you feel you can't do this, don't worry. Just try again quietly and gently a little later – perseverance and good support usually lead to success.

Don't wash your breasts before you feed. It's important to have your baby in the right position with the head slightly tipped back so that the chin is close to your breast and the lips are close to your nipple – 'chest to chest, chin to breast.' Brush her lips with your nipple until she opens her mouth really wide, almost as if she's going to yawn. This may take several minutes so be patient. When it does happen, bring the baby's head quickly towards your breast so that she takes not just your nipple but a good mouthful of breast too.

If she is latched on properly you will see the jaw bone move as she sucks. If not, slide your little finger into the corner of her mouth to



break the sucking action and try again. It is very important that your baby has opened her mouth wide enough and is close enough to you to enable her to take a large mouthful of breast. This means that your nipple is protected from friction and will not get sore.

Watch that your breast is not covering your baby's nose, making breathing difficult. Gently hold back your breast with your fingers if necessary. After your baby has finished feeding, dry your breasts carefully. If you have problems with leaking, cover them with breast pads. Some people advise putting cream on or using a spray but this is not recommended as it interferes with the delicate balance of natural secretions. Wash your nipples once a day without soap and keep them dry.

Giving short feeds as often as your baby will co-operate in the early days will give you both practice. During these early feeds, your baby is getting not the milk but the colostrum, which protects her from disease and

"Vegetarian and vegan diets are not only healthy for babies and children but preferable to modern meat- and dairy-based diets, which are a major cause of chronic ill-health and premature death."

Dr Anne Griffiths MB ChB, Diploma from the Royal College of Obstetrics and Gynaecology, Member of the Royal College of General Practitioners, MSc in Community Paediatrics



helps her to excrete the meconium from the bowel. Meconium is a sticky, black waste product that builds up during the time the baby is in the womb. The actual milk comes in a few days after birth – this might be the second, third or fourth day. The milk normally comes in quicker for second and subsequent babies, but this depends on how much sucking the baby has been able to do. The more you have been able to feed the baby, the more your breasts will have been stimulated and the quicker the milk will come in, although, until it does, the colostrum will supply all your baby's needs.

When the milk does come, you may find that you are really 'bursting' and the process is rather messy! Giving frequent, brief feeds from the beginning will help to minimise this engorgement. Just keep on feeding your baby completely on demand and your supply will quickly adjust to your baby's needs. If you find you have so much milk that it gushes out too quickly, making your baby splutter, you can hold back the milk a little by holding your breast in your fingers just above the areola and pushing your breast gently upwards.

In the early days you might find that milk leaks from your breasts between feeds: even hearing the cry of a baby can trigger the 'let down reflex', which can cause this to happen. A breast pad inside your bra helps, as does wearing darkish tops, which do not show up any wet patches too obviously. These inconveniences pass rapidly as you and your baby get used to

Jo Lacey Melika, pictured at 1 year

"The Vegetarian and Vegan Mother and Baby Guide has been an invaluable source of information for me. I've been vegan for 16 years and I had a healthy pregnancy followed by a natural home birth. Breastfeeding our daughter, Melika, has given her a good source of natural immunity and this combined with a vegan diet has meant that she is rarely poorly. I wanted to do the best for my baby and it made sense to offer her foods that I knew to be healthy and cruelty-free. Now a very bouncy, happy two-year-old, Melika is really thriving on a diet of fruits and vegetables, lentils, nuts and soya products such as tofu and veggie sausages. She enjoys sampling all the different milk alternatives available – her current favourite is hemp milk and rice milk mixed together. She has a natural love and respect for animals, which we hope will continue throughout her life."



"The human body has no nutritional requirements for animal flesh or cows' milk. It functions superbly without them, and this includes producing healthy offspring! All the protein required for human health, including during pregnancy and childraising, is abundantly available from plant sources."

Dr Michael Klaper, author *Pregnancy, Children and the Vegan Diet*

breastfeeding. Your breasts will shrink back to normal size (even though they are producing large quantities of milk), they will not leak and the whole process will become smooth, easy and quite delightful – very different from those early days of adjustment.

After your baby has finished feeding, hold her up against your shoulder and gently rub or pat her back until she 'burps'. Make sure that she is straight, otherwise the wind will not come up. Some babies do not swallow much air so won't need to burp. Don't worry if nothing happens! And don't worry if your baby brings up some milk after she feeds. This is quite normal and just means that she has had more than enough. However, if there is projectile vomiting (where it shoots across the room), you should consult a doctor as this may indicate a fault in the baby's stomach muscles that can be cured by a small operation.

Have confidence in your ability to breastfeed and don't give in without a really good try. There are so many wonderful benefits for both of you and don't forget... practice makes perfect!

Mother's diet for perfect breastfeeding

During breastfeeding, your need for extra vitamins and minerals continues as in pregnancy but you will also need more niacin, magnesium, phosphorus, zinc and selenium. Yeast extract, wholemeal bread, wholegrains, some pulses, avocados, seeds, nuts*, mushrooms, brown rice, bananas, tofu and beansprouts are all good foods that will boost your intake of these vitamins and minerals.

Just include one or two additional snacks each day made from fresh fruit and vegetables, nuts, pulses, black treacle, dried fruits, fortified soya products and yeast extract for high-powered, nutrient-rich feeding. If you are vegan always ensure you have a daily supply of vitamin B12 in fortified foods (or take a B12 supplement).

Your diet as a vegetarian breastfeeding mum will provide all the nutrients your baby needs. And there is one less risk to worry about. An American study reported that, of seven chemical contaminants, six were found at markedly lower levels in the breastmilk of vegetarian women compared to a non-vegetarian group.

Formula feeds

Never give cows' milk (whether full fat, semi-skimmed or skimmed) – it is meant for calves and therefore contains the wrong proportions of nutrients for the human baby. For example, it is too high in calcium and protein and too low in essential fatty acids. This is why companies make millions of pounds turning cows' milk into cows' milk formulas – they alter the nutritional content in an attempt to mimic human breast milk. Also do not give soya milk to a baby – it is too low in fat and too high in protein. If you want to use a formula, give soya milk formula until your child is about two years old.

Don't be in too much of a hurry to give supplementary bottles, something many mothers do because they doubt their own ability to produce enough milk. Your body responds to the baby's demands, so if you start to give bottles the baby takes less milk from you, which means you produce less and have to give more bottles and so it goes on. Breastfeeding is best for babies and we recommend persevering with breastfeeding if you can. However, we understand that for various good reasons you may need to bottlefeed your baby and choosing the right feed will naturally be important.



* See *Note on Nuts* on page 6



The soya story for babies

Currently there are no completely animal-free soya infant formulas on the market suitable for young babies, as the vitamin D that is added is obtained from lanolin (a waxy substance in sheep wool). (Contact the manufacturers to ask them to use non-animal vitamin D as consumer pressure may persuade them to change.) However, soya formula is still far preferable to cows' milk formula, from a health perspective and for at least minimising animal cruelty. For children a little older, there is **Alpro soya junior 1+ milk alternative**, which can be used as a main drink for children aged one onwards and as part of a balanced diet from six months. It is higher in calories (needed by toddlers) than normal soya milk and enriched with calcium, iron and non-animal vitamin D and is suitable for vegans.

There has been some concern over soya-based infant formulas in the media. The main concern has been the fact that soya beans contain compounds called isoflavones, or phytoestrogens, which behave like oestrogen, the female hormone. Ironically, many of the beneficial health effects of soya are attributed to the action of phytoestrogens (eg lowering blood pressure, reducing bad

cholesterol, reducing menopausal symptoms and risk of diabetes). These natural plant hormones are found in many foods. Examples of non-soya foods that contain phytoestrogens include cereals, bread, raisins, rice, chick peas, haricot beans, butter beans, bean sprouts, fruits and mixed vegetable dishes. In other words, they are almost impossible to avoid – and shouldn't be avoided!

They may act in a similar way to the hormone oestrogen but they are much weaker, between 100 and 100,000 times weaker. In fact, scientists suggest that phytoestrogens may actually have a normalising effect on the body's natural oestrogen levels (this means that they raise levels when they are too low and lower them when they are too high).

Cows' milk (and milk formula), however, contains real oestrogen – the same hormone that women produce. Raised levels of oestrogen from cows' milk are linked to breast cancer and prostate cancer. For more information see the VVF report *One in Nine* (www.vegetarian.org.uk/campaigns/breastcancer/index.html).

If a health professional were truly worried about the effects of oestrogen on a baby then cows' milk formula would be banned! And yet, it is soya formula that comes under attack for the much weaker oestrogen-like component it contains, which is actually protective for human health.

Simon Parkin Pictured with partner Helen and baby Elliott, at 3 weeks old

"My partner, Helen, had an easy pregnancy thanks to an active lifestyle and a veggie diet. With the help of some great advice from the *Vegetarian and Vegan Mother and Baby Guide*, Helen has cut down on dairy and increased her fruit and veg consumption whilst breastfeeding and is loving her new, improved diet. It's certainly doing Eli a world of good – he's gained half a pound in his first two weeks!

"I think it's so important for children to learn to be kind to animals as it teaches empathy and gentleness. And bringing them up veggie is the perfect way of teaching them kindness, not to mention keeping them fit and healthy.

"I have no qualms whatsoever about Eli being a veggie and I can't wait until he's old enough to share in the delights of a Friday night vegetable curry with his Dad!"



But does the amount of soya a baby eats matter?

Again, a baby drinking cows' milk formula consumes much more oestrogen (the real thing) than a baby consuming soya formula. Vegetarians, vegans and infants consuming soya formula are not exposed to levels higher than those seen in many Asian countries. A UK government report acknowledges that there is no evidence that people who regularly eat high quantities of soya, such as the Chinese and Japanese, have altered sexual development or impaired fertility. It should be remembered that China is the world's most populous nation, with over 1.3 billion citizens, who have been consuming soya for over 3,000 years!

For fuller information, see the VVF's easy-to-read and informative guide, *The Soya Story*: www.vegetarian.org.uk/guides/guides.htm.

Tooth truth

Infant soya formula may contain glucose syrup. All infant formulas must comply with standards laid down by UK regulations, which specify minimum and maximum amounts of carbohydrate (the body's main form of energy). The

Cows' milk contains a cocktail of over 35 different hormones and 11 growth factors. Furthermore, modern dairy cows (including organically farmed cows) are frequently impregnated while still producing milk. At least two thirds of retail milk in the UK is taken from pregnant cows, and at this time the hormone level in the milk is markedly elevated. Hormones from cows' milk are linked to breast and prostate cancers. Viva! and VVF wholeheartedly believe soya milk formula to be the safe option for babies.



carbohydrate used can't be lactose (the sugar in cow's milk) so an alternative carbohydrate is used – glucose syrup. Glucose syrup comes from corn starch.

Tooth decay can be the result of many factors, not only the presence of sugars in a food or drink. Research has shown that soya infant formulas are no more likely to cause tooth decay than normal infant milks. The most important factor appears to be how they are consumed. Any food or drink containing sugars shouldn't have frequent or prolonged contact with teeth and trainer cups should be used as soon as your baby is able to drink this way. Thus, if normal weaning practices are adopted, soya infant formulas (or other formulas) should not cause harm to teeth.

Soya infant formulas have been used for decades – indeed a review on this subject in *Nutrition Review* states that for more than 70 years “soya-based infant formulas have been fed to millions of infants worldwide and studied in controlled clinical research... Consequently, soya-based infant formulas continue to be a safe, nutritionally complete feeding option for most infants.”

Of course, soya is not a natural food for babies, but then again nor is cow's milk, which is loaded with oestrogens – and not the mild ones derived from plants but potent oestrogens from another mammal. And we have already seen the host of illnesses and conditions that may be linked to infants consuming dairy products.

“Scientific studies show that balanced vegetarian and vegan diets are not only perfectly safe during pregnancy and childhood but may confer significant health advantages over the longer term. Vegan diets will no doubt come to be regarded as the very best health insurance policy a parent can give their children.”

Dr Justine Butler, VVF health consultant



Our opinions are that we would choose soya formula milk to feed our babies (and did!) and consider soya milk to be a healthy food for both children and adults and far superior to cows' milk.

Making the formula

Making up the formula depends on the brand so ensure you read the label properly. Generally, the method is as follows: wash your hands first and boil enough water for the number of bottles you intend to make. When boiling the water empty the kettle and put in fresh water – water that has been boiled before may have levels of minerals that are too high. Let the water cool and then put the correct amount in each bottle, using the measure on the side. Measure the formula using the scoop provided. Don't pack it down as too much powder can be harmful. Level it off with a knife. Add the powder to the bottle,

screw on the cap and shake to dissolve. Store the bottle in the fridge but throw any away that is not used within 24 hours.

Some babies like their formula straight from the fridge and others prefer a bottle warmed in a bottle warmer, microwave oven or jug of hot water. To give a bottle, cradle the baby in the crook of your arm so that she is cosy and close to you. When practical, open your shirt so that she can feel the warmth of your skin. Gently touch the baby's cheek nearest to you and as she turns towards you pop the teat in her mouth. Make sure you tilt the bottle well so that the milk fills the teat end of the bottle and no air can get in – this would give her colic. Pull on the bottle a little as your baby sucks, to keep up the suction. After your baby has finished her feed, 'burp' her as described at the end of the breastfeeding section.



Four to Six Months Old

At this age you can give your baby a little fresh, unsweetened fruit juice, diluted half-and-half with boiled, cooled water. (Look for juices described as 100 per cent fruit juice.) Suitable juices are orange (freshly squeezed, frozen, pasteurised or unsweetened from a carton) or apple juice (carton and fortified with vitamin C, but without other additives). Apple juice is the best choice if you have any history in your family of allergies to citrus fruits. Give this fruit juice initially from a teaspoon, in the middle of the morning or afternoon. As soon as your baby gets used to taking it in this way, try giving it from a normal cup and not a mug with a feeder lid – it is an excellent way of introducing your baby to a cup. Continue with breast or bottle feeding in the normal way.

Breast milk supplies all your baby's needs, including vitamin C, for the first six months of her life. So, if your baby is happy and thriving, there is no need to think about introducing solids until she is six months old. However, if after four months your baby doesn't seem fully satisfied with milk, you might try giving a first taste of food – but don't start before four months old as introducing solids too early to an immature digestive system could possibly cause an allergic reaction.

The first spoonfuls are really just to get your baby used to the taste and feel of solid food. Do not think of them as a real source of nourishment at this stage. The baby still needs milk feeds for that and the emotional satisfaction of sucking.

The first taste should be half a teaspoonful of a fruit or vegetable purée (see *Foods For Weaning and How to Prepare Them* on page 25). Traditionally, cereals were always the first solid food given to babies, but these are now advised against due to the possibility of an allergic reaction when given so early. Allergic reactions are really quite rare and, where they do occur, are usually inherited so you will know in advance if they are likely. Delaying the first solid food to four or six months makes the risk of an allergic reaction less likely because the digestive system is more able to cope.

The foods that most commonly cause

"This guide offers excellent and sound advice for any parent or parent-to-be. Vegan diets are the healthiest and safest diets for people of all ages – including babies and children."

Veronika Charvatova MSc, health campaigner, WWF





allergies are milk and dairy products, eggs, nuts, some fruits and foods containing gluten. Signs of an allergic reaction are rashes and swelling of the eyes, lips and face; sickness; diarrhoea; eczema; hay fever and asthma. Babies often grow out of allergies, usually by the time they are two years old, although some allergies, particularly to dairy products and nuts, can last a lifetime.

Give this first taste of solids at one of the main milk feeds corresponding to breakfast, lunch or dinner, whichever is the most convenient. If you are planning to go back to work but want to continue breastfeeding, start

giving the solids at lunchtime as this will eventually become the first meal at which the baby gives up breastfeeding and has only solids.

Whether you give the solid food before or after the milk feed is entirely up to you, or, perhaps more to the point, up to the baby! It's generally better to give solids before the milk feed so you can gradually increase the quantity until the baby is satisfied and eventually forgets about the milk feed. However, there is no point in trying to give solid foods if your baby is hungry, wanting comfort and crying for a feed. It is better to feed first and give solids afterwards.

Use a flat, shallow spoon and be prepared for the fact that your baby may well spit out your lovingly prepared offerings. Don't take it personally and don't worry because the baby is not depending on it for nourishment at this stage. Try again another day, persisting gently. There is no hurry.

It's a good idea to try your baby on the same food for several days before introducing another so you can make sure there is no allergic reaction. Certainly if you have any history of allergies, asthma, eczema or hay fever in the family, it is advisable to continue with just one food for at least four days before trying another, and watching carefully for any reaction. You can gradually increase the quantity so that your baby is having perhaps two tablespoonfuls at a time. This allows the baby's digestive system to slowly adapt.



Julie Cook Rowan, 4 years and Spencer, 6 years

"I had textbook, healthy vegan pregnancies with both of my sons. I didn't encounter any negativity from people about my diet – quite the opposite. I read up on which foods I'd need in pregnancy to ensure my diet was nutritious and found it extremely easy. My sons are now 8 and 6 and have a varied, healthy diet – everyone is always impressed with the wide variety Spencer and Rowan eat – they have an excellent diet (they really do eat their greens!) without missing out on treats. I've always been honest about why they don't have animal products and they will now ask if certain foods are vegan – they are proud that they don't eat animals."



Foods For Weaning and How to Prepare Them

Carrot purée

Scrape a carrot and boil it in a little unsalted water until tender; purée with enough of the cooking water to make a soft consistency. Start by giving a taste of ½ teaspoonful before or after the midday or evening milk.

Swede or parsnip purée

Make in the same way as carrot purée.

Apple or pear sauce

Use sweet apples or pears only, not tart ones that require added sweetening. Peel, core and slice the fruit and cook in 2-3 tablespoons of water until tender. Purée, adding a little extra boiled water if necessary to make a soft consistency.

Banana

Mash the flesh of a very ripe banana thoroughly with a fork, adding a little cooled, boiled water if necessary to make a soft consistency.

Avocado

Cut in half, scoop out and mash the flesh, adding a few drops of cooled boiled water if necessary.

Courgette

Cut off the ends and cut into small pieces. Cook in a minimum of unsalted water until tender. Purée with enough cooking water to make a soft consistency.

Pumpkin

Peel and remove the seeds. Cut the flesh into pieces and cook in a little boiling water until tender. Purée.

Tomato

Suitable raw or cooked. Sieve cooked tomato to remove the seeds. Scald and peel raw tomato and cut out the core, then mash.

You can remove the seeds if you like, but the jelly around them is a valuable source of soluble fibre.



Grated apple or pear

Choose sweet apples and well-ripened pears. Peel and grate finely.

Peaches, apricots, sweet cherries, mangoes, papaya, kiwi fruit

Choose really ripe fruit, remove the skin and pips or stones and mash the flesh thoroughly.

Broccoli, cauliflower, Brussels sprouts, green cabbage

Wash and trim. Cook in a minimum of unsalted water until tender (they should be mashable but not soggy). Purée with a little of their cooking water. (Cooked cabbage and Brussels sprouts can create intestinal gas – if this is a problem, mix with another vegetable purée such as carrot.)



Spinach

Wash thoroughly, remove the stems and shred the leaves. Cook in a saucepan with a little extra water until the spinach is tender. Purée. (Don't give more than once or twice a week as the oxalic acid content affects the body's absorption of some minerals.)

Dried apricots, prunes, pears, peaches, apples

Wash, then cover with boiling water and soak overnight. Next day, simmer until tender. Remove pits from prunes. Purée. (Can have a rather laxative effect.)

Date purée

Put 225g dates into a saucepan with ½ cup water and heat gently for 5-10 minutes, or until the dates are mushy. Remove from the heat and mash with a spoon to make a thick purée, looking out for and removing any stones as you do so; set aside to cool.

Baby rice cereal

This is the best first cereal to give because it is the least likely to cause allergic reactions. Choose one fortified with additional iron and B vitamins, and make up with liquid according to the directions on the pack.

Potatoes

Scrub. Bake or boil in unsalted water. Scoop the potato out of the skins and mash. Very finely chopped green vegetables can also be added, such as watercress or raw spinach leaves. You can also add mashed tofu.



Corn, peas, green beans

Boil until tender and purée. Fresh or frozen are fine; canned are not advised because of the salt and sugar they contain.

Muesli

Buy a mix without sugar and other additives, or make your own from oats, nuts and raisins, then grind to a powder. Moisten with water, fruit juice or plain soya yoghurt. Sprinkle with wheatgerm and mix well. Powdered nuts or seeds or grated apple or pear can be added.

Wholewheat bread

From six months onward, a little crustless bread can be added to vegetable purées. The bran in 100 per cent wholegrain bread and flour is too laxative for some babies; a 50:50 bread (preferably with added wheatgerm for extra iron) or enriched white bread is often a better choice for babies under two years old.

Suggested Feeding Pattern from Four to Six Months Old

On waking:	Breast or bottle-feed
Breakfast:	Breast or bottle-feed
Mid-morning:	Diluted real-fruit juice from spoon or cup (or give mid-afternoon)
Lunch:	½ – 2 teaspoons of fruit or vegetable purée. Breast or bottle feed
Mid-afternoon:	Diluted real-fruit juice from spoon or cup (unless this was given mid-morning)
Dinner:	Breast or bottle-feed
Before bed:	Breast or bottle-feed

Six to Eight Months Old

As your baby takes more solid food, the demand for milk will decrease. Your baby will suck from you for a shorter time and at around eight months may give up the milk feed entirely at meal times. Your milk supply will decline correspondingly: the reverse of the process that enabled you to produce enough milk in the early days. You will probably find it takes two or three days for your body to catch up with the baby's decrease in demand and your breasts may feel rather full, but this transition period only lasts for a couple of days or so.

You can now begin to enrich the simple fruit and vegetable purées with vegetarian protein

"What you eat both before and during pregnancy has a dramatic effect on your baby's health not only during the early years but right through into adulthood.

Choosing a good vegetarian or vegan diet is not only safe but ensures that vitamins – such as folic acid, vital for early development of the foetus – are provided. A well-balanced vegetarian or vegan diet is a fabulous way of feeding babies and young children too – giving them the healthiest start in life."

Amanda Woodvine MSc, nutritionist



ingredients. Any of the following can be added.

Orange lentils made into a thick soup make a wonderfully nutritious meal for a baby. Serve as it is or with a little crustless wholegrain bread mashed into it, or make the soup extra thick and add to a vegetable purée.

Beans such as soya, red kidney, cannellini or butter beans can be cooked thoroughly and mashed into a purée. Use home-cooked or canned ones but, if using the latter, ensure they are rinsed properly to remove the salted water. *Don't give canned beans to a baby younger than eight months.*

Beans in tomato sauce make a nutritious meal from eight months onwards. Choose a variety without preservatives or colourings; although they will probably still contain a little sugar and salt, these remain a nutritious food. Mash or purée them. Can be mixed with crumbled wholegrain bread and a little boiled water to moisten.

Tofu can be drained and mashed thoroughly, then mixed with vegetable or fruit purées.

Tahini or peanut butter can be mixed a little at a time into fruit or vegetable purées. ½ a teaspoonful should be enough to start off with. Choose or make a smooth peanut butter without salt or additives. (Peanut butter



should never be given directly on its own as it can cause choking.)

Yeast extract can be added ¼ teaspoon at a time to vegetable purée. Use a low-sodium extract.

Brewer's yeast (a debittered one) can be sprinkled sparingly – say ¼ teaspoonful – over a baby's vegetable purée or breakfast muesli mix. It can also be added to mashed banana-and-soya yoghurt mix.

Finely milled nuts and seeds (milled in a food processor or clean electric coffee grinder or bought ready ground) can be stirred into fruit or vegetable purées, starting with ½ teaspoonful. If you're grinding your own, use a variety of nuts: almonds, Brazil nuts, peanuts, walnuts, pumpkin and sunflower seeds.

Wheatgerm can be sprinkled over fruit or vegetable purées and added to cereal mixes and yoghurt for splendid nourishment.

Yoghurt – an active, plain soya yoghurt without preservatives – can be added to fruit purées or given with a sprinkling of wheatgerm or powdered nuts. It can be mashed with banana, wheatgerm, a little



tahini and some powdered nuts to make a quick baby meal.

Once the baby is taking these solids happily, you can give an enriched vegetable purée as a main course, followed by a fruit purée, yoghurt or cereal-based mixture as a 'pudding'. You can also begin introducing solids before the other main feeds of the day, so that eventually the feeds that correspond to breakfast, lunch and dinner are composed entirely of solids. You will also find that, as your baby gets used to the texture of solid food, there is no need to be so particular about puréeing the food. In fact, it is good to get used to a bit of texture in food at this stage. We soon found we only needed to mash food for our babies, although we have heard of babies who were more fussy.

You will gradually be able to drop first one milk feed and then another so that by the time

the baby is around nine months old, the bedtime feed may well be the only one left. Do not be in a hurry to wean the baby from the bliss of this; it is important for the closeness to you and the emotional satisfaction that sucking gives. Many babies have spontaneously given up on the bedtime feed by the time they are one year old, but many have not.

There are those who believe you shouldn't encourage feeding during the night after, say, six months, when the baby probably doesn't need it for nourishment. Your baby may just be acquiring an enjoyable habit that may eventually drive you to distraction. Other childcare experts disagree with this and our view is that, if a child cries for food and the loving comfort of his or her parent's closeness, then it is better to meet that need, even though it can be demanding. But it does pass and contributes very much to the child's emotional security, both at the time and in later life.

Some people believe that when you start to give solid food is the time to wean a baby from the breast to the bottle. We don't see any point in this unless you want to stop breastfeeding. If your baby is happy and all is going well, it seems better to continue breastfeeding for the few remaining months. However, once your baby has given up all the daytime feeds, you might like to give a bottle for the final feed so that you can be free to go out in the evenings.

At this stage, particularly if the baby is teething, you can introduce some finger foods. Your baby may find it comforting to chew on something hard: a piece of apple, raw carrot, bread or rusk – but never leave a baby alone with this type of food because of the danger of choking. If anything does get stuck in your baby's throat, be ready to hook it out quickly with your finger or turn your baby upside down and smack gently in the small of the back.

Suggested Feeding Pattern from Six to Eight Months Old

On waking:	Breast or bottle-feed.
Breakfast:	Baby rice, muesli cereal or enriched fruit purée; breast or bottle-feed
Mid-morning:	Diluted real-fruit juice from a spoon or cup (or give this mid-afternoon)
Lunch:	1-2 tablespoons enriched vegetable purée, or lentil purée, followed by some fruit purée (optional)
Mid-afternoon:	Diluted real-fruit juice from a spoon or cup (unless this was given in the morning)
Finger foods:	Slices of apple, carrot, whole wheat rusk
Dinner:	Same as breakfast; breast or bottle-feed
Before bed:	Breast or bottle-feed

Eight to Twelve Months Old

If your baby takes well to solids, you will quite soon find that she will easily and naturally eat a little of what you, as a family, are having. The main thing to watch (apart from avoiding sugar, salt, caffeine, deep fried foods, additives and eggs to under twos) is that the baby's portion is not too highly seasoned. Sometimes it's possible to take out a small quantity for the baby before adding spices and seasonings.

If your baby gets used to trying new flavours, it will make it possible for you to eat out with friends or in a restaurant. Simply select a suitably unspiced or lightly seasoned dish from the menu and mash the baby's portion with a fork.

At this stage you may need to consider the amount of fibre your baby is getting. Since a

vegetarian or vegan diet is naturally high in fibre, which facilitates the passage of food through the intestines, it's important for the baby to have some concentrated sources of nourishment

each day as well, such as powdered nuts, yeast and yeast extract (unsalted), tahini, peanut butter or soya yoghurt. If the diet becomes too laxative, it can cause a very sore bottom and reduce the amount of nutrients being absorbed. It is advisable to give a bread that is lower in fibre than wholegrain. Try wheatgerm bread or,

if this is still too fibrous, buy a 50:50 or an enriched white one. Try a higher fibre bread again when the baby is a little older.



Suggested Feeding Pattern from Eight or Nine Months On

At this stage, between nine months and a year, your baby will probably have an eating plan that goes something like this:

On waking:	Water or diluted real-fruit juice from a cup
Breakfast:	Muesli or oatmeal; toast or bread with low-sodium yeast extract
Mid-morning:	Diluted real-fruit juice
Lunch:	Mashed nut or legume savoury with vegetables; fruit purée and cereal pudding or fruit with yoghurt. Water
Mid-afternoon:	Diluted real-fruit juice; finger foods – apple, carrot, pear, wholewheat rusk
Dinner:	Bread with nut butter, yeast extract or lentil spread or lentil soup with bread; carrot sticks, pieces of raw cucumber, slices of apple; fruit with soya yoghurt or cereal pudding
Before bed:	Breast or bottle-feed

Survival Tips

Don't worry if your child really does not like some foods; you can usually find another source of the same nutrients. It's better to stick to foods that you know will go down well and avoid a battle of wills.

All children will go through the stage when they learn the power of the word no! If this veto is used over food you may be able to nip it in the bud by offering a choice of two equally nutritious items instead of one that they can veto.

Encourage your toddler to feed herself from an early age. Yes, it's horribly messy but a sensible bib – the plastic ones with pockets that catch spilled foods – are good and some kind of easily washed covering on the floor under the baby's chair will cope with most disasters.

Don't worry if your toddler eats the foods in the 'wrong' order or mixes things up (after all, that's part



of the fun, spoilsport!) and don't set too high a standard. The toddler will enjoy being independent and competence will grow with practice. You'll bless it in the end!

If there's a problem over food, the secret is not to get emotional about it. It simply isn't worth making an issue over food or allowing difficult situations to develop. In fact, as in all things concerning your child, it's your relationship with him or her that's most important. This is what you're building up and what will endure long after you've forgotten the horrors of broken nights, food fads and puddles on the carpet!

Always put your relationship first, before a spotless house, before rigid timetables, before battles over food, and you will be rewarded by the deepening bond of understanding and companionship that will develop between you.

Lesley Jeavons Aidan, pictured at six months

"Apart from a few weeks of morning sickness, I had a perfectly wonderful healthy pregnancy. I felt great and was fit enough to work right up to my due date!

"I thought that my midwife would give me a hard time for being vegan so when I went to see her I was armed with facts from this *Mother and Baby Guide*. Instead she was supportive and pleased that I knew about nutrition.

"Aidan weighed 7lb 2oz at birth. He is totally healthy and gained weight rapidly. Up until four months his sole food was breast milk, though when we weaned him he had a varied healthy diet and has taken to it like a duck to water.

"I'm convinced that a vegan diet is the most natural and healthy – for me and my precious baby – and I wouldn't consider giving Aidan anything less. I wholeheartedly recommend a vegan diet to anyone. What better natural start could you give your child?"



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*Compared to Alpro soya original milk alternative.



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Viva!'s Recipes for Toddler (and You!)

Two-week Menu for Your Baby or Toddler's Lunch and Dinner

Week One

Recommended age of baby given
at the start of each recipe

LUNCH

DINNER

Monday

Tofu Potato Cakes with Parsley
Sauce and carrot sticks.
Segments of orange.
Soya milk formula.

Bread with almond butter or tahini
dip and slices of tomato.
Grated apple with soya yoghurt,
raisins and wheatgerm.
Soya milk formula.

Tuesday

Very Quick Lentil Soup* with 50%
wholemeal bread mashed into it.
Slices of tomato. Fresh fruit
prepared for finger feeding.
Soya milk formula.

Hummus* with broccoli florets,
carrot sticks and wholemeal toast.
Slices of apple.
Soya milk formula.

Wednesday

Pasta in Quick Tomato Sauce* with
Parmazano (vegan Parmesan-like
cheese), nutritional yeast flakes
or ground almonds.
Finely grated apple with a little
soya yoghurt.
Soya milk formula.

Reheated Very Quick Lentil Soup*
and wholemeal roll.
Raw broccoli florets.
Ripe pear slices.
Soya milk formula.

Thursday

Baked potato mashed with a little
finely grated vegan cheese or tofu
and finely grated carrot.
Banana mashed with a little soya
yoghurt and grated pumpkin seeds.
Soya milk formula.

Hummus* with fingers of 50%
wholemeal toast.
Carrot sticks.
Mashed mango.
Soya milk formula.

Friday

Leftover Lentil and Broccoli
Gratin* (make it for yourself the
night before), reheated and
mashed with skinned tomato.
Soaked dried apricots puréed
with soya yoghurt, topped with a
sprinkling of wheatgerm.

Spicy Beanburger* with watercress
and carrot sticks.
Muesli: soya yoghurt mixed with
rolled oats, wheatgerm, finely
grated apple, raisins, powdered
pumpkin seeds.
Soya milk formula.

Saturday

Scrambled Tofu on crumbled
50% wholemeal bread with
shredded watercress.
Segments of orange.

Red Kidney Bean and Avocado Salad
with shredded lettuce and carrots sticks.
Fingers of 50% wholemeal bread
with yeast extract.
Slices of apple.

Sunday

Quick Mushroom and Almond
Nutmeat*.
50% wholewheat toast.
Date purée.
Soya milk formula.

Borlotti Beans in Coconut Milk.
Bread fingers.
Apples with Raisins.
Soya milk formula.

Week Two

LUNCH

Monday

Broccoli and Potato Soup* with Nut butter on fingers of 50% wholemeal bread.
Slices of apple.
Soya milk formula.

Tuesday

Left-over Pasta Bake*.
Puréed apple with raisins.
Soya milk formula.

Wednesday

Baby Spinach Pancakes with Vegan Cream Cheese*.
Flapjack* pieces.
Soya milk formula.

Thursday

Leftover Cottage Pie* with Black Eyed Beans.
Leftover Banana Bread with Soya Yoghurt
Soya milk formula.

DINNER

Baby Pasta Bake*.
Nectarine Dessert.
Raw broccoli florets.
Soya milk formula.

Tofu & Kidney Bean Sausages with Carrot & Butternut Squash Mash and Edamame Beans.
Fresh fruit prepared for finger feeding.
Soya milk formula.

Cottage Pie with Black Eyed Beans*.
Banana Bread* with soya yoghurt.
Ripe pear slices.
Soya milk formula.

Macaroni 'Cheese'*.
Grilled Pineapple Chunks.
Soya milk formula.

Friday

Baked Potato with Butterbean Hummus.
Mango slices.

Saturday

Mini Pizza Bites*.
Fruit yoghurt topped with ground nuts.

Sunday

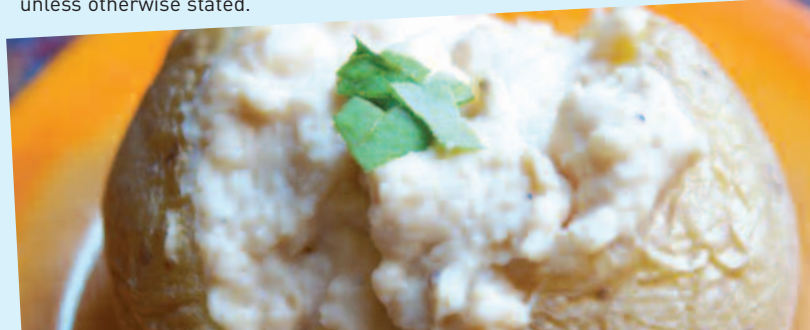
Leftover Dahl* with 50% wholewheat toast.
Soya custard with mashed fruit left from the week.
Soya milk formula.

Roasted Vegetables with fusilli pasta.
Carrot sticks.
Strawberry Dessert.
Soya milk formula.

Easy Lentil Dahl*.
Banana with soya custard.
Slices of apple.
Soya milk formula.

Soft Vegetable Lasagne with Tofu*.
Mixed berries with soya yoghurt.
Soya milk formula.

Dishes marked * are suitable for freezing. Only give nuts if not from an atopic family – see *Note on Nuts* on page 6.
All fruit and vegetables in these dishes should be finely chopped, unless otherwise stated.



Week One

Tofu Potato Cakes with Parsley

Serves 4 | Prep time: 30 mins | Cooking time: 10 mins

Recommended age of child: from one year

Freeze time: 8-10 weeks

- 250g/9oz potatoes, peeled and cut into even-sized chunks
- 15g/½oz vegetable margarine
- A little soya milk
- 100g/4oz firm tofu
- 1-2 tbsp chopped parsley
- Finely ground black pepper
- A little flour
- Rapeseed oil

- 1 Boil the potatoes until tender, then drain and mash with the margarine and a little soya milk if necessary.
- 2 Mash the tofu, and then add to the potato, along with the parsley and pepper to taste.
- 3 Form the mixture into four flat cakes, coat with flour, then either brush with oil and grill on both sides or shallow-fry.
- 4 Drain on kitchen paper.



Very Quick Lentil Soup

Very soothing and nourishing as well as an excellent source of iron. This soup is very popular with babies and was the first soup Rose gave to her daughter when she was six months old.

Serves 4 | Prep time: 15 mins | Cooking time: 30 mins

Recommended age of child: from six months

Freeze time: 8-10 weeks

- 225g/8oz split red lentils
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 2 tbsp veg margarine
- Juice of half a lemon
- Black pepper
- 1 tsp ground cumin (optional)

- 1 Put the lentils, onion and garlic into a saucepan with 1 litre (1 ¾ pints) water.
- 2 Bring to the boil and then simmer for about 30 minutes, until the lentils are very tender and pale. Alternatively, cook in a pressure cooker on high for 5 minutes.
- 3 Stir well to get a smooth texture. Then add some lemon juice (start with 1 tablespoon), season as required and serve.



Pasta in Quick Tomato Sauce

A favourite children love. You may need to purée the sauce if your child doesn't like 'bits'. Use your favourite pasta, eg wholegrain spaghetti or penne pasta.

Serves 2 | Prep and cooking time: 30 mins

Recommended age of child: from 10 months

Freeze time: the sauce freezes well for 8-10 weeks

- 2 tbsp olive oil
- 1 onion, chopped
- 1-2 garlic cloves, chopped
- 400g/14oz can tomatoes
- 1 tbsp tomato purée or sundried tomato purée
- Pasta, eg 250g/9oz spaghetti

- Ground black pepper

To serve: Parmazano (vegan Parmesan-like cheese from most supermarkets) and/or torn basil leaves

1 Put a large pan of water on the hob to heat up for the pasta. Heat 1 tablespoon of the oil in a pan, add the onion, then cover and cook gently for 10 minutes. Add the garlic and stir for a moment, then add the tomatoes, chopping them up with a spoon. Leave to simmer, uncovered for 10-15 minutes, until the liquid has reduced a little.

2 Cook the pasta in the boiling water according to packet instructions, or for about 8 minutes, until it's al dente, then drain and return to the pan. Stir in the remaining tablespoon of oil and pepper to taste.

3 Either mix in the sauce with the pasta and serve, or serve the pasta onto plates and spoon the sauce over. Top with Parmazano and/or torn basil.



Lentil and Broccoli Gratin

Serves 4 | Prep time: 30 mins | Cooking time: 30-40 mins

Recommended age of child: from 8 months

Freeze time: 8-10 weeks

- 175g/6oz red split lentils
- 4 tbsp olive oil
- 1 large onion, peeled and chopped
- 2.5cm/1inch piece of fresh ginger, peeled and grated
- 350g/12oz broccoli, washed, trimmed, divided into florets
- Juice and grated rind of 1 lemon
- Freshly ground black pepper
- Soft breadcrumbs
- Grated vegan cheese (optional)

1 Put the lentils into a saucepan with 600ml/1pint water, bring to the boil, and then let them simmer for 20-30 minutes, until they are soft and pale.

2 Heat half the oil in another pan, add the onion and ginger and cook for 10 minutes, uncovered so that it browns a bit, stirring from time to time.

3 Steam the broccoli until it is just tender, then put it in the base of a shallow gratin dish.

4 Put the lentils into a food processor or liquidiser, with the onion mixture and the lemon, and whizz to a smooth purée. It should be the consistency of double cream; add some water or milk if it is too thick. Season.

5 Pour the lentil purée evenly over the broccoli. Sprinkle the breadcrumbs and remaining oil or cheese on top (if you use the cheese, you won't need the extra oil).

6 Put under a moderate grill for about 20 minutes, until the top is brown and the inside piping hot. Alternatively, bake at 190°C/375°F/Gas Mark 5 for 30-40 minutes.

Fiona Smithers-Green Finley, pictured at one day old

"When my husband and I discussed having a baby, the last thing we worried about was my diet! I have always been 100 per cent convinced that a vegetarian diet would pose no problem for conception and pregnancy and I was right! My son was born a healthy 8lb 13oz and has been thriving ever since. I have no hesitation in bringing Finley up on a vegetarian diet. In fact, I would be more worried about his health if his diet included meat. A veggie diet supplies every nutritional need perfectly well and I would recommend it to everyone."



Spicy Beanburger

Serves 8 | Prep time: 30 mins | Cooking time: 10 mins

Recommended age of child: from one year (but don't make it too spicy!)

Freeze time: 8-10 weeks

- Olive oil
- 1 onion, peeled and chopped
- 1 carrot, peeled and grated
- ½ green pepper, de-seeded and chopped
- 1 garlic clove, peeled and crushed
- Hot chilli powder to taste (optional)
- 1 tsp ground coriander
- 2 x 425g/15oz cans red kidney beans
- 50g/2oz soft wholemeal breadcrumbs
- Freshly ground black pepper
- 100g/4oz dried wholemeal crumbs

1 Preheat the oven to 200°C/400°F/Gas Mark 6

2 Heat 1 tbsp oil in a large saucepan; add the onion and stir. Cover and leave to cook over a moderate heat for 5 minutes, stirring occasionally.

3 Add the carrot, pepper and garlic and cook for a further 5 minutes.

4 Stir in the spices, starting with ¼ teaspoonful of chilli powder if you're using it and cook for 1-2 minutes, then remove from the heat.

5 Mash the beans and add to the onion mixture, together with the breadcrumbs and seasoning to taste. Mash the mixture together very well at this stage because this is what holds it together.

6 Divide into eight, form into burgers and coat with the dried crumbs.

7 Place on an oiled baking sheet and bake until brown and crisp on one side, then turn over to cook the other side. Drain on kitchen paper and serve hot or warm.





Scrambled Tofu

Serves 2 | Prep time: 5 mins | Cooking time: 7-10 minutes

Recommended age of child: from six months

Freeze time: unsuitable for freezing

- 1 block firm tofu
- 1 tbsp oil
- Turmeric (mild-tasting yellow spice – watch you don't get it on
- clothes as it stains! It's available in all supermarkets, health and Indian stores)
- Pepper

- 1 Remove the tofu from its wrapper and drain all the water out.
- 2 Add 1 tbsp oil to a pan and heat gently.
- 3 Crumble in the tofu by hand – it should be in small pieces about the size of peas.
- 4 Gently fry for a couple of minutes and add some turmeric and a little salt and pepper.
- 5 If desired, add chopped cooked veg.

Kate Melvin Identical twins Hamish & Angus, now 5 years



"Being vegan yourself is one thing. Some people admire and understand you, others tell you that you are extreme! Bringing up vegan babies is a whole different ball game. For a few people this is a step too far and you are being irresponsible by inflicting your beliefs on your children. However, it then equally applies that meat eaters are inflicting their dietary habits on their kids! As a vegan couple we were happy to bring up our twins, Hamish and Angus, as vegan.

"As a vegan of 13 years I enjoyed a relaxed and trouble-free pregnancy. Not only did I stay very active and healthy, but, much to the amazement of the health professionals, I carried our babies for the full 40 weeks, (unusual for twins)! Angus was 6lbs 11oz and Hamish 7lbs 4oz, which for twins is fantastic (the average is 3lbs).

"Hamish and Angus arrived naturally and were breastfed almost exclusively until I returned to work at five months and for some feeds until eight months. Soya formula milk wasn't difficult to get hold of and they both thrived on it. At the start of weaning we used potatoes, vegetables and fruits but the biggest hit was porridge each morning. I gradually introduced lentils in soups and beans mashed up as well as foods such as ground seaweed, tahini, yeast extract, hazelnut oil, dried fruits etc. Their favourite was avocado and rice.

"I was initially worried that I might not be able to provide all the nourishment they needed but as time went on I realised they are fully nourished, energetic boys. Their developmental review at seven months confirmed that they were advanced for their age, so I needn't have worried and I would have no hesitation in recommending a vegan diet to anyone. Hamish and Angus are living proof that a vegan diet is not only perfectly safe but a healthy alternative to one full of animal proteins, hormones and fats.

"My sons are strong, intelligent, lively, happy boys."

Quick Mushroom and Almond Nutmeat

Prep time: 20 mins | Cooking time: 15 mins

Recommended age of child: from one year

Freeze time: 8-10 weeks

- 150ml/5fl oz boiling water
- 1 tsp yeast extract
- 4 slices of wholemeal bread, crusts removed
- 1 onion, peeled and finely chopped
- 2 tbsp oil
- 125g/4oz button mushrooms, washed and sliced
- 125g/4oz almonds, finely grated in a coffee mill – or use ground almonds
- 1 tbsp soya sauce
- 1 tbsp lemon juice
- Pepper
- Chopped parsley and lemon wedges, to serve

1 Put the boiling water, yeast extract and bread into a bowl. Leave on one side.

2 Fry the onion in the oil for 7 minutes, browning lightly, then add the mushrooms and fry for 3 minutes more.

3 Stir in the bread and water mixture, the almonds, soya sauce, lemon juice and seasoning. Mix gently, then cook for a few minutes longer to heat everything through.

4 Serve, sprinkled with chopped parsley and garnished with lemon wedges. Some fingers of hot wholewheat toast are pleasant with this if you want a crisp texture to contrast.



Hummus

Although you can buy delicious hummus, it's usually too salty for toddlers. However it's easy to make your own, and worth it if you eat a lot of it. To make enough for two adults, drain a 425g can of chickpeas, reserving the liquid. Put the chickpeas into a food processor with 1-2 crushed or grated garlic cloves, 2 tablespoons pale tahini, a tablespoon of lemon juice and 4 tablespoons of the reserved liquid. Whizz until smooth. Add more liquid if you want a thinner mixture. Season as required.

Hummus is great with salad, as a dip with raw vegetables or bread, or as a filling in sandwiches. Children love it when they get the taste for it, and it's extremely nourishing. You can introduce hummus to your children from the age of six months onwards but go easy on the garlic if giving it to a baby. (See alternative version on page 50.)



Borlotti Beans in Coconut Milk

Serves 4 | Prep time: 15 mins

Cooking time: 20 mins

Recommended age of child: from one year

Freeze time: unsuitable for freezing

- 2 tbsp vegetable oil
- 1 onion, finely chopped
- 2 x 425g/15oz can borlotti beans
- 400g/13oz canned chopped tomatoes

- 400g/13oz can of coconut milk
- 1 tsp turmeric
- Pinch chilli powder
- Freshly ground black pepper
- A little chopped fresh coriander

1 Heat the oil in a saucepan: put in the onion and cook gently for 10 minutes. Add the beans, mashing them a bit, then stir in the tomatoes, coconut, turmeric and chilli powder.

2 Simmer for 5-10 minutes, until well-heated through, then season to taste and serve, sprinkled with chopped coriander.

Apple with Raisins

Melt 25g/1oz vegetable margarine in a heavy-bottomed saucepan and add 900g/2lb sweet eating apples, such as Cox's, and 50g/2oz raisins or chopped cooking dates (not sugar rolled). Stir, cover and cook gently for about 10 minutes, or until the apples are soft. Stir from time to time to prevent it burning.

In this recipe the dried fruits add nutrients (iron and B vitamins) as well as sweetness, so that little or no extra sweetening is needed. If this is sieved or puréed after cooking, it makes an excellent dessert for babies. To freeze, allow to cool quickly, spoon into a suitable covered container and place in the freezer. Before use, leave to thaw for several hours at room temperature, then either heat gently or serve cold.

Week Two

Broccoli and Potato Soup

Serves 4 | Prep time: 10 mins

Cooking time: 30 mins

Recommended age of child: from one year

Freeze time: 8-10 weeks

- 2 tbsp olive oil
- 1 onion
- 1 clove garlic, crushed
- 1 head broccoli, separated into florets
- 200g/7oz potatoes, peeled and cubed
- 1 leek, thinly sliced
- 550ml/20fl oz vegetable stock (using low-salt stock cube)

1 Heat the oil in a large saucepan, add the onion and garlic and fry on a medium heat until soft.

2 Add the broccoli, potatoes and leek and keep stirring for a couple of minutes to brown them off.

3 Add the stock, bring to the boil, then cover and turn down to simmer for 30 mins.

4 Blend before serving if you prefer a smoother soup.

5 Serve with 50% wholemeal bread buttered with peanut or another nut butter.





Sophie Fenwick-Paul Zuki, 8 years and Tatum, 5 years

"Both our children, aged 8 and 5, are happy, healthy and active. They are keen mountain bikers and skiers, and walk a lot further than most of their contemporaries! We love and explore food.

"I think all parents have a duty to learn about nutrition, and most vegan parents certainly do this. We have aimed to cover everything including the very small number of things to pay extra attention to, including ground flaxseed on cereal every day for omega-3 and ensuring enough B12.

"Kids easily understand why going vegan is a good idea when given basic facts about animal farming in a non-gory way. By three years old they really get their heads around it, taking a bit longer to understand that not everyone follows this logic!"

Nectarine Dessert

Serves 4 | Prep time: 5 mins

Recommended age of child: from 4 months

Freeze time: unsuitable for freezing

- 2 nectarines or peaches, cored and cubed
- 100g/3oz silken tofu
- 1 tbsp agave nectar
- 2 tbsp soya yoghurt
- ½ tsp vanilla essence
- 1 tsp finely milled flaxseeds

1 Combine all ingredients except for the seeds in a large mixing bowl and blend until smooth, using a hand blender, or mix in a food processor.

2 Sprinkle the seeds on the top and serve.

Baby Pasta Bake

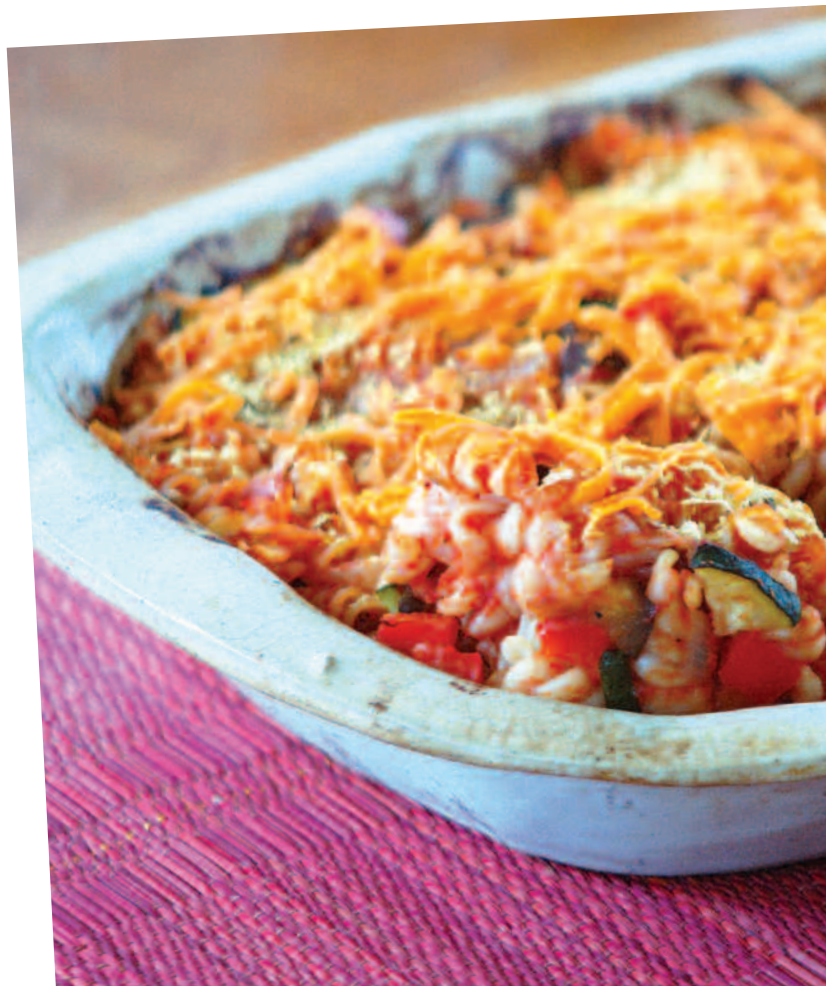
Serves 6-8 | Prep time: 10 mins | Cooking time: 30 mins

Recommended age of child: from one year

Freeze time: 8-10 weeks

- 250g/9oz baby pasta shapes, eg Fusillini
- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 red pepper, finely chopped
- 1 courgette, finely chopped
- ½ small aubergine, chopped into small cubes
- Black pepper
- 500g/1lb passata
- 1 tbsp tomato purée
- 1 tbsp dried basil or 1 small handful of fresh basil, chopped
- 4 tbsp nutritional yeast flakes

- 1 Preheat oven to 200°C/400°F/Gas Mark 6.
- 2 Cook the pasta according to packet instructions (takes around 13 mins), drain and set aside when ready.
- 3 Meanwhile, prepare the vegetables, cutting everything into little bite-sized pieces.
- 4 Heat the oil in a medium frying pan and fry the onion and garlic until soft.
- 5 Add the rest of the vegetables and fry on a medium heat until lightly browned.
- 6 Add pepper to taste.
- 7 Add the passata and tomato purée to the vegetables and mix in well so the sauce covers all the pasta.
- 8 Spoon it all into a large oven-proof dish.
- 9 Sprinkle the basil on top, followed by the nutritional yeast flakes. You can use grated vegan cheese instead if you like.
- 10 Bake for 20 mins or until the top is bubbling and golden.
- 11 Serve with salad and garlic bread if you like.



Tofu & Kidney Bean Sausages with Carrot & Butternut Squash Mash and Edamame Beans

Serves 4 | Prep time: 20 mins

Recommended age of child: from one year

Freeze time: unsuitable for freezing

Sausages

- 150g/5½oz firm tofu, crumbled
- 4 tbsp kidney beans (from a can, flavoured with chilli sauce if possible)
- 1 clove garlic, crushed
- 100g/3oz wholemeal bread crumbs
- 1 tsp wholegrain mustard
- 1 tsp mixed herbs
- 2 tbsp olive oil

Mash

- 600g/1lb 4oz carrots, peeled and sliced
- ½ medium butternut squash, peeled and cubed
- Dash of soya milk
- 1-2 tbsp vegan margarine (eg Pure) or olive oil
- Pepper
- 250g/9oz edamame beans

1 Place the tofu and kidney beans in a large mixing bowl and press down on them repeatedly with a potato masher so they begin to break down together as a paste.

2 Add all the remaining sausage ingredients, mixing in thoroughly with a wooden spoon.

3 Divide the mixture into eight pieces, and then roll each out on a chopping board into individual sausages. Put on a plate, cover and put in the fridge while you prepare the mash.

4 For the mash, place the carrots and butternut squash in a large pan of slightly salted water, bring to the boil, then turn down and simmer for 20 mins until very soft. After 10 mins, cook the edamame beans according to the packet instructions.

5 Meanwhile, fry the sausages in the oil, on a medium heat, for 10 mins, turning regularly.

6 To bring the meal together, drain the carrot and butternut squash, tip it back into the pan and mix in the soya milk, margarine and seasoning. Mash.

7 Serve immediately with the sausages and low-salt vegetarian gravy, if desired.



Baby Spinach Pancakes with Vegan Cream Cheese

Serves 4 | Prep time: 5 mins

Cooking time: 15 mins

Recommended age of child: from six months

Freeze time: 8-10 weeks

- 175ml/6fl oz soya milk
- 175ml/6fl oz water
- 175g/6oz plain flour, sieved
- 2 tbsp chickpea flour (also known as gram or besan flour), sieved
- 1 tsp baking powder, sieved
- 1 tbsp sunflower oil
- 100g/3oz chopped spinach
- 2 tsp vegan cream 'cheese', eg Tofutti
- Additional oil for frying – or low-calorie spray if using a non-stick pan

1 Place all of the ingredients, except the spinach, cream 'cheese' and oil for frying, in a blender and blend until smooth. Alternatively, whisk by hand until there are no lumps, then add in the chopped spinach.

2 Heat a small amount of oil in a frying pan until piping hot. Drain off any excess (or use a low-calorie spray, as above).

3 Pour 1 tbsp of the batter mixture into the frying pan to make baby pancakes. Fry on one side for about a minute. Loosen the edges with a spatula and flip. Fry the flip side for another minute or until done.

4 Remove from the pan and keep warm in the oven on its lowest setting.

5 Add more oil/spray to the pan if and when necessary. Repeat steps 3 to 4 until all of the mixture is used up. Spread a small amount of vegan cream 'cheese' on each pancake, then serve.



Yolanda Soryl
On the wall from left to right: Te Koha, 3 years, Neve, 7, Asher, 9 and Ella, 12



"I was mightily relieved to find that the rumours about vegan labours being easier and shorter were true in my case. Phew! My four vegan babies were all born with beautiful skin, calm natures and above-average birth weights. Starting solids at around six months old, their early favourite foods included avocado, nut butters, banana and toast. Two of my children can be picky about what they eat, but with the amount of fruit, baked beans, hummus, marmite, soya yogurt and wholemeal bread that disappears on a daily basis in my house, I have no worries about their nutritional needs.

"They are active and busy children, and their sporting efforts include representing their schools in athletics, swimming and netball. Other physical interests include ballet, climbing, badminton, rugby and hockey.

"Ella, Asher, Neve and Te Koha are living examples of the benefits of plant-based nutrition. We never had a doubt that a vegan diet was the best possible choice for our family."

Cottage Pie with Black Eyed Beans

Serves 4-6 | Prep time: 20-25 mins

Cooking time: 30 mins

Recommended age of child: from one year

Freeze time: 8-10 weeks

- 2 tbsp olive oil
- 1 large onion, chopped
- ½ red pepper, chopped
- 3 cloves of garlic, crushed



- 1 medium courgette, chopped in half lengthways then into semi-circles
- 100g/4oz mushrooms, chopped
- 2 x 425g tins black eyed beans, drained
- 100g/3oz peas
- 2 bay leaves
- 3 tsp basil
- 2 tsp oregano
- 2 x 400g tins of chopped tomatoes
- 1 tbsp tomato purée
- 2kg/4lb/8oz potatoes, peeled and cubed

- 1 Fry the onion and red pepper in the oil until soft.
- 2 Add the garlic, courgette and mushrooms and cook until soft.
- 3 Add the beans, peas and herbs and fry for 4-5 minutes, stirring constantly.
- 4 Add the puréed and tinned tomatoes, stir well and simmer for 10 minutes over a low heat.
- 5 Meanwhile, bring a medium saucepan of water to the boil and add in the chopped potatoes.
- 6 Boil them gently until tender, then drain and mash them with a fork. For a creamy texture add a splash of soya milk or a knob of vegan margarine.
- 7 Spoon cottage pie mixture into a large oven-proof dish, then top with the mashed potato, smoothing it across the top with a fork or spatula.
- 8 Cook at 190°C/380°F/Gas Mark 5 for 30 mins.

Banana Bread with Soya Yoghurt

Serves 6-8 | Prep time: 10 mins | Cooking time: 50-60 mins

Recommended age of child: from one year

Freeze time: 8-10 weeks

- 3 large, very ripe bananas
- 60g/2oz vegan margarine
- 100g/generous 3oz soft brown sugar
- 250g/9oz self-raising flour
- 1 tsp baking powder
- 1 tsp vanilla essence
- 5 tbsp soya milk or other non-dairy milk
- 2-3 tbsp chopped dates or other chopped fruit of your choice
- Pot of soya yoghurt

1 Preheat the oven to 180°C/350°F/Gas Mark 4 – a little lower if using a fan-assisted oven. Grease a large non-stick loaf tin with low-calorie oil spray or a light coating of margarine/oil.

2 In a large bowl, mash the bananas with a fork or potato masher. Add the margarine and cream together well.

3 Add the sugar and mix in well.

4 Sieve the flour and baking powder, then add the banana mixture and stir well.

5 Add the soya milk and vanilla essence a little at a time, mixing in well.

6 Add the dried fruit.

7 Spoon the batter into the loaf tin and cook for 50-60 mins until cooked through and golden brown on the top. Test after 50 mins, using a toothpick. It should come out clean if it's ready – otherwise, put the cake back in the oven for another 5-10 mins.

8 Leave to cool for a few minutes then turn out onto a wire rack and let it cool completely.

9 Slice into fingers and serve with a little soya yoghurt to dip it in! Vanilla flavour works well.





Flapjack

Serves: Makes 16 bars | Prep time: 10 mins

Cooking time: 10-20 mins

Recommended age of child: from one year

Freeze time: 8-10 weeks

- 2 tbsp golden syrup – or use 3 tbsp agave syrup
- 1 tbsp light brown sugar
- 1 tbsp vegan margarine (eg Pure, Suma, Vitaquell, Biona)
- 200g/7oz porridge oats

1 Melt the syrup, sugar and margarine together in a pan over a gentle heat.

2 When thoroughly melted, mix in the oats and press the mixture into an oiled cake tin – an 8 inch square tin does well.

3 Bake in the oven for 10-20 minutes at 190°C/380°F/Gas Mark 5 or until just beginning to brown.

4 Cut lines into the 'cake' while still warm. Cool and break into bars.



Macaroni 'Cheese'

Serves 4 | Prep time: 5 mins | Cooking time: 15-20 mins

Recommended age of child: from 10 months

Freeze time: 8-10 weeks



- 250g/9oz macaroni
- 1 tbsp vegetable oil
- ½ onion, finely chopped
- 1 clove garlic, crushed
- 1 tbsp vegan margarine
- 1½ tbsp flour
- 250ml/8½fl oz soya milk
- 2 tbsp nutritional yeast flakes
- 1 tbsp light tahini

- 1 Bring a medium saucepan of water to the boil and cook the pasta according to the packet instructions.
- 2 Meanwhile, for the sauce, heat the oil in a small saucepan and add the onions and garlic. Fry until they start to lightly brown.
- 3 Stir in the margarine then add the flour gradually, mixing with a wooden spoon for several minutes so it melts and forms a smooth paste.
- 4 Gradually stir in the soya milk, a little at a time, so any lumps can be smoothed out.
- 5 Add the yeast flakes and tahini.
- 6 Keep on a low heat and keep stirring while the sauce thickens.
- 7 When the macaroni is cooked, drain it and spoon into a bowl to serve. Pour over the sauce then mix in thoroughly.
- 8 Serve immediately, or alternatively top with grated vegan cheese and grill to brown off the top.
- 9 Other topping ideas include sliced tomato, herbs, and bread crumbs.



Roasted Vegetables with Fusilli Pasta

Serves 4 | Prep time: 10 mins

Cooking time: 20 mins

Recommended age of child: from six months

Freeze time: unsuitable for freezing

- 250g/9oz Fusilli or baby pasta shapes such as fusillini
- 4 tbsp olive oil
- ½ aubergine, chopped
- 1 courgette, chopped
- 1 red or yellow pepper, chopped
- 2 tomatoes, chopped

1 Preheat oven to 200°C/400°F/Gas Mark 6.

2 Bring a medium saucepan of water to the boil and cook the pasta according to the packet instructions.

3 Put the vegetables into a large oven dish and pour the oil over them, mixing with a spoon so everything gets a coating.

4 Cook in the oven for 30-40 mins or until the vegetables are soft and browning.

5 When the pasta is cooked, drain it, then place back in the saucepan and cover to keep warm until the vegetables are ready.

6 Serve the roasted vegetables over the pasta. Nice with a spoon of hummus on the side.

Butterbean Hummus

Prep time: 10 minutes

Recommended age of child: from 6 months

Freeze time: not suitable for freezing

- 425g/15oz tin butterbeans, drained
- 1 tbsp light tahini paste
- 2 tbsp olive oil
- 1 clove garlic, crushed
- Juice of ½ lemon

1 Place all the ingredients into a mixing bowl and blend with hand blender. Alternatively, blend in a food processor. To thin the texture, add a small splash of soya milk or soya yoghurt.



Strawberry Dessert

Serves 4 | Prep time: 5 mins

Recommended age of child: from four months

Freeze time: unsuitable for freezing

- 200g/7oz strawberries
- 200g/7oz silken tofu
- 1 tbsp agave nectar

1 Place all the ingredients in a bowl and mix until smooth with a hand blender. Serve in little pots.

Kat Macmillan Lucas, 6 years and Jed, 4 years

"My sons have been veggie since birth – they are very healthy and thrive on sport! They are great fun and enjoy life to the max. I find it easy to give them a balanced, healthy and delicious diet and we wouldn't have it any other way."





Mini Pizza Bites

Serves 4 | Prep time: 5 mins

Cooking time: 10 mins

Recommended age of child: from one year

Freeze time: 8-10 weeks

- 4 large white pitta breads, or 8 mini pittas
- 4 tbsp passata
- 2 tbsp tomato purée
- ½ red pepper, finely chopped
- ½ courgette, finely chopped
- 2 mushrooms, finely chopped
- 4 tbsp grated vegan cheese
- 1 tsp mixed herbs

1 Mix the passata and tomato purée together in a small bowl, then spread the mixture over each pitta bread evenly using a pallet knife.

2 Sprinkle the chopped vegetables on the top, followed by the vegan cheese and herbs.

3 Grill under a medium heat for around 10 mins, or until the pizzas are browning and the vegetables have softened. If a little dry, drizzle with some olive oil.

"There is a reason that the most esteemed pediatrician of all time, Dr Benjamin Spock, recommended that all children be raised without exposure to meat and dairy. Not only does saturated animal fat contribute to the leading killers in the Western world, but it accumulates industrial pollutants such as dioxins, PCBs, and pesticides. By eating as low as possible on the food chain – a plant-based diet – we can start our children off right with the lowest toxic burden."

Dr Michael Greger, NutritionFacts.org



Easy Lentil Dahl

Serves 4-6 | Prep time: 5 mins

Cooking time: 30 mins

Recommended age of child: from six months

Freeze time: 8-10 months

- 1 cup red lentils
- 3 cups water (add more during cooking time if you prefer more runny dahl)
- 1cm/½ inch cube fresh ginger, grated
- 1 tsp cumin seeds
- 2 cloves garlic, crushed
- Juice of ½ lemon

1 Wash the lentils well in a sieve.

2 Put in a pan with the water.

3 Bring to the boil, then add the ginger.

4 In the meantime, dry roast cumin seeds in a non-stick frying pan.

5 Add the garlic to the cumin seeds and allow to brown, stirring to make sure neither burns.

6 Add to the dahl.

7 Cook for 10-15 minutes, or until the lentils are soft.

8 Add lemon juice to taste.



Soft Vegetable Lasagne with Tofu

Serves 4 | Prep time: 20 mins

Cooking time: 30 mins

Recommended age of child: from one year

Freeze time: 8-10 weeks

- 2 tbsp olive oil
- ½ large onion or 1 small onion
- 1 clove garlic, crushed
- 1 red pepper, chopped
- 100g/3oz mushrooms, chopped
- 440g/1lb jar of tomato-based pasta sauce (most plain supermarket sauces are vegan, just watch for cheese)
- 150g/ 5½oz firm tofu, sliced
- 1 packet ready-to-use lasagne sheets (ensuring it is not egg pasta)

White sauce

- 1 tbsp vegetable oil
- ½ onion, finely chopped
- 1 clove garlic, crushed
- 1 tbsp vegan margarine
- 1½ tbsp flour
- 250ml/8½fl oz soya milk
- 2 tbsp nutritional yeast flakes
- 1 tbsp light tahini

1 Preheat oven to 200°C/400°F/Gas Mark 6.

2 Heat the olive oil in a large saucepan. Fry the garlic and onions until browning.

3 Add the peppers and mushrooms and continue to cook on a medium heat until soft.

4 Set the vegetables aside when they are cooked and mix in the jar of sauce.

5 For the white sauce, heat the oil in a small saucepan and add the onions and garlic. Fry until they start to lightly brown.

6 Stir in the margarine, before adding the flour gradually, stirring with a wooden spoon for several minutes so it melts to form a smooth paste.

7 Then gradually stir in the soya milk, a little at a time, so any lumps can be smoothed out.

8 Add in the yeast flakes and tahini.

9 To construct the lasagne, grease a loaf tin or rectangular oven dish, then spoon in half the tomato and vegetable mixture.

10 Place a lasagne sheet on the top, then a couple of slices of tofu.

11 Repeat the layers one more time, finishing by spooning the white sauce over the final sheet of lasagne and tofu.

12 Cook for 30-40 minutes or until the lasagne is bubbling and browning and a knife goes easily through all the layers, ensuring the pasta is cooked.





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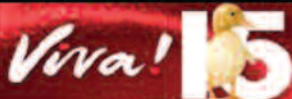


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Wendy Turner Webster, TV presenter



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"Women in pregnancy who want the best diet for themselves, for their developing baby and for their young children will find the Vegetarian and Vegan Mother and Baby Guide an excellent and safe guide to healthy vegetarian and vegan food."

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"The Vegetarian and Vegan Mother and Baby Guide contains a wealth of practical information covering all aspects of vegetarian and vegan pregnancies and how to bring your baby up on a meat-free diet. It includes a daily nutrient guide, essential nutrients for mums-

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"An easy-to-read source of sensible, accurate information with wonderful recipes. Following the advice in this guide will help to ensure a healthy pregnancy and robust offspring. I endorse it wholeheartedly!"

Dr David Ryde, GP and Fellow of the Royal College of General Practice

Vegetarian & Vegan Mother & Baby Guide

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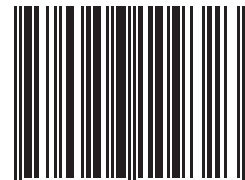
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