

A GUIDE TO NUTRITION FOR VEGAN KIDS



protein

1-3 YEARS: **13g**
 4-8 YEARS: **19g**
 9-13 YEARS: **34g**

source

Soyfoods (tofu, soymilk, tempeh, veggie 'meats'), beans, peas, lentils, peanuts, whole grains, collard greens, spinach, squash, asparagus

calcium

1-3 YEARS: **700mg**
 4-8 YEARS: **1000mg**
 9-13 YEARS: **1300mg**

source

Dark leafy green vegetables, quinoa, chickpeas, sesame seeds, almonds, broccoli

vitamin B12

1-3 YEARS: **0.9mcg**
 4-8 YEARS: **1.2mcg**
 9-13 YEARS: **1.8mg**

source

Nutritional yeast, B-12 fortified non-dairy milks and cereals, vegan B-12 supplements

iron

1-3 YEARS: **7mg**
 4-8 YEARS: **10mg**
 9-13 YEARS: **8mg**

source

Beans, lentils, blackstrap molasses, quinoa, leafy greens

omega-3

1-3 YEARS: **0.7g**
 4-8 YEARS: **0.9g**
 9-13 YEARS: **1g / 1.2g**
(GIRLS / BOYS)

source

Chia seeds, hemp seeds, walnuts, and vegetable oils (corn, safflower, sunflower, soybean, flaxseed)

DHA

1-3 YEARS: **100-150mg**
 4-6 YEARS: **150-200mg**
 6-10 YEARS: **200-250mg**
 10-18 YEARS: **250mg**

source

Seaweed, algae, vegan supplements. We use [Nordic Naturals Vegetarian DHA for babies](#)

omega-6

1-3 YEARS: **7g**
 4-8 YEARS: **10g**
 9-13 YEARS: **10g / 12g**
(GIRLS / BOYS)

source

Nuts and seeds (almonds, flaxseed, chia seeds, walnuts), lentils, beans, seaweed, spirulina, soybeans, and oats

vitamin A

1-3 YEARS: **300mg**
 4-8 YEARS: **400mg**
 9-13 YEARS: **600mg**

source

Carrots, winter squashes (acorn and butternut), sweet potatoes, cantaloupe, apricots, spinach, kale, turnip greens, broccoli, red bell peppers and other greens

vitamin C

1-3 YEARS: **15mg**
 4-8 YEARS: **25mg**
 9-13 YEARS: **45mg**

source

Berries, citrus fruits, melon, papaya, bell peppers, tomatoes, broccoli, brussels sprouts, leafy green vegetables, potatoes, cauliflower, watercress

zinc

1-3 YEARS: **3mg**
 4-8 YEARS: **5mg**
 9-13 YEARS: **8mg**

source

Pumpkin seeds, whole grains, legumes, lentils, peas, soy foods, nuts, sunflower seeds, wheat germ, yeast, garbanzo beans, raw collard greens, spinach, corn

vitamin D

1-3 YEARS: **600 IU**
 4-8 YEARS: **600 IU**
 9-13 YEARS: **600 IU**

source

The most significant supply of Vitamin D comes from sunlight exposure on the skin. Vitamin D-2 supplements are available, as well as Vitamin D fortified plant milks & cereals

folate

1-3 YEARS: **150mcg**
 4-8 YEARS: **200mcg**
 9-13 YEARS: **300mcg**

source

Dark green leafy vegetables, legumes, lentils, oranges, whole grains, asparagus

