

VEGAN BABIES & CHILDREN

*A dietary guide, including preconception and
pregnancy*

Published by The Vegan Society

CONTENTS

FOREWARD by Sandra Hood: The vegan diet - healthy for all ages	3
INTRODUCTION	3
GAINING SUPPORT	4
PRECONCEPTUAL NUTRITION	5
PREGNANCY - THE FIRST FEW MONTHS	5
NUTRITION DURING PREGNANCY	6
SUGGESTED MEALS DURING PREGNANCY	8
COPING WITH COMMON FOOD-RELATED PREGNANCY PROBLEMS	9
BREASTFEEDING & FORMULA MILKS	10
BRINGING UP BABY	12
Birth to 6 months	12
6 months	12
7 months	13
8-10 months	13
10-12 months	14
12+ months	14
KEY POINTS FOR FEEDING VEGAN CHILDREN	15
PEANUTS & ALLERGY	15
FURTHER INFORMATION ON KEY NUTRIENTS	16
ENTERTAINING CHILDREN & THEIR FRIENDS	17
SCHOOL DAYS	17
TEENAGERS	18
RECIPES	19
FURTHER INFORMATION	25
Vaccinations	25
Milk Tokens	25
THE VEGAN BOOKSHELF	25
COMPANIES & ORGANISATIONS	25
THE VEGAN FAMILIES LIST	26

FOREWORD

The Vegan Diet - Healthy For All Ages

"In my role as a practising State Registered Dietitian, I wholeheartedly recommend a vegan diet for all ages including babies and children. This booklet shows that a vegan diet can be a good healthy option for everyone wishing to avoid animal suffering, for the dairy intolerant or for those that simply want to provide the correct healthy diet for their family."

Sandra Hood
State Registered Dietitian
vegan for 32 years

INTRODUCTION

A Healthy Diet For Life

A varied wholefood vegan diet will provide all the nutrients required for a healthy body during pregnancy, for breastfeeding and from birth onwards. In fact there is no known nutrient the vegan diet cannot provide and several studies have shown that vegan women typically have healthy pregnancies and that their children thrive.

The vegan diet is

- * low in fat (especially saturated fat)
- * cholesterol-free
- * high in fibre and complex carbohydrates
- * low in salt
- * rich in vitamins A and C

Vegans are less at risk of

- * high blood pressure
 - * heart disease
 - * gallstones
 - * diverticular disease
 - * haemorrhoids
 - * diabetes
 - * kidney stones
 - * cancer of the breast and colon
- Some doctors also prescribe vegan diets to treat high blood pressure, angina, rheumatoid arthritis and asthma.

New Cancer Report Urges Mainly Plant-Based Diet

A major new report by the World Cancer Research Fund and the American Institute for Cancer Research published in 1997 recommend a reversal of current dietary trends in most parts of the world so that food supplies remain or become plant-based [a typical vegan diet!]. The report says:

" ... within the last 50 years, the trend has been to invest in the very resource-intensive rearing of animals ... The consumption of fatty meat and of meat, milk and other dairy products has also been promoted with the incorrect message that such foods are especially healthy."

In 1996, over ten million people developed some form of cancer. 30% - 40% of these cancers are actually preventable by correct diet.

The Importance Of Good Nutrition

The diet of a pregnant woman and that of her infant during the first year of life, can affect the health of that child 40, 50 or even 60 years later. It is therefore of utmost important that the pregnant woman and baby is provided with good nutrition. A pregnant woman requires extra nutrition to support the growing foetus and to allow for changes in her body.

Research Gives Veganism The Thumbs Up!

Studies carried out on life long vegan children in 1981 and 1992 showed that although generally lighter in weight than their omnivore peers, vegan children are within the normal ranges for height and weight. Infants and children raised on a varied vegan diet obtain adequate protein and energy, are healthy and grow normally. Reports in the medical press of vegan infants suffering protein and energy deficiencies are extremely rare. In some instances infants were weaned onto poorly planned fruitarian or macrobiotic regimes rather than vegan diets. In other cases parents had not adopted veganism but instead had eliminated foods from their infants' diets on a piecemeal basis and without seeking proper advice.

GAINING SUPPORT

Those who do not live in a supportive environment may receive criticism of their vegan diet and lifestyle. GPs, paediatricians and dietitians do continue to raise doubts about the adequacy of the vegan diet and in some cases advise against it. These recommendations are usually the result of misinformation and by sticking to vegan principles and following the simple guidelines in this booklet, babies and young children will thrive.

Guidelines

Many theories abound on the feeding and raising of children and healthcare professionals may make recommendations which differ from guidelines set out in this booklet. In general, a more relaxed attitude to weaning and feeding children is currently in vogue. However, it is important to bear in mind that this booklet is a guide and should not be used as a substitute for medical care in the event of any possible health problems.

Doing Your Homework

The way forward will be smoother if family, friends and healthcare professionals see that the new parents have a sound knowledge of nutrition and that, after the birth, the baby is thriving. It is recommended to read general books on rearing children and vegan nutrition. During the course of pregnancy and for the first months after the birth of the baby, healthcare professionals that may be in contact with the new parents include GPs, paediatricians, dietitians, nutritionists, health visitors, district nurses at your local GPs surgery, the hospital and child health clinics. They will be particularly impressed by sound knowledge on vegan nutrition and may even learn something themselves!

Support From A Doc

One of the many advocates of a vegan diet for children is Dr Michael Klaper. Dr Klaper, an honours graduate of the University of Illinois in Chicago, has postgraduate training in medicine, surgery, anaesthesiology and obstetrics. His clinical experience includes eight years of conventional general practice, and three years as physician in an isolated hospital in the mountains of northern California. He has seen thousands of patients in his general medical office. After prescribing a vegan diet to his patients he began to see beneficial changes in their health. Dr Klaper criticizes dairy products for their role in causing health problems - from runny noses to inflamed joints. Dr Klaper's recommendation that children should never consume dairy products raises a few eyebrows from his medical colleagues. He has written two informative books that provide a wealth of information on veganism.

PRECONCEPTUAL NUTRITION

Men's Health

Little is mentioned of men's health before conception but this is also important. A man is producing sperm all the time and sperm takes 70 days to develop. Therefore the state of their health may affect the quality and quantity of the sperm.

Women's Health

It is accepted that a woman should take care of her health before pregnancy and nutritional status is important in relation to pregnancy outcome. The developing foetus is more susceptible to nutritional deficiency during the first trimester (first three months). However a vegan diet will not leave pregnant women short of any nutrient needed to prepare them for a healthy pregnancy.

The Department of Health recommends that in addition to eating foods rich in folic acid women considering pregnancy should take a folic acid supplement of 0.4mg per day before pregnancy and for 12 weeks during pregnancy. Although a vegan diet is generally rich in folic acid, it is recommended that intake is increased. Folic acid is a B vitamin and it can help to prevent spina bifida and other conditions in which the brain or spinal cord does not develop properly. All women wishing to conceive should take 400mcg (0.4mg) per day. Folic acid is found in green leafy vegetables, fortified breakfast cereals, wholemeal bread, pulses (beans, peas and lentils) and yeast extract.

PREGNANCY - THE FIRST FEW MONTHS

Eating for Two

Recommendations for many vitamins and minerals are higher in pregnancy but as a physiological response to pregnancy the absorption of many nutrients is increased. The majority of pregnant women (including vegans) can meet these increased needs by consuming a varied diet, just follow appetite and avoid excesses of under-eating or overeating.

Recommended Weight Gain

Whilst, recommendations for many vitamins and minerals are higher in pregnancy, the increase in energy (calorie) requirements is relatively small. The pattern of weight gain is different for every woman and depends on pre-pregnant weight. General guidelines include a little weight gain of approximately 1-2kg (2-4lb) during the first trimester and in the second and third trimesters a weight gain of .5kg (1 lb) per week is common. There is little, if any, increase in calorific needs during the first and second trimesters. However in order to support the recommended weight gain during the third trimester an extra 200 calories per day will be require 200 calories is a fairly small increase but it is important to consume these extra calories wisely. Women should, for example, increase their intake of fresh fruit and vegetables and/or wholemeal bread and humous, instead of drinking a can of coke and bar of chocolate! The coke and chocolate will provide the calories but not the vital nutrients required for the health of the woman and her growing baby.

Three meals a day should be eaten starting with breakfast. Although breakfast may not be terribly appealing if the woman is suffering from morning sickness, it is an important meal as it comes after a long period without food. It is important to provide regular supply of nutrients to the growing foetus. Babies do not do well if they fast for hours on end.

Problems with Weight Gain

If weight gain is slow or non-existent, more food is required. Food should be eaten more often. The type of food eaten should be higher in calories and lower in fibre. If weight gain is high, then try to ensure that any sweet or fatty foods are replaced with fresh fruit, vegetables, pulses and grains (wholemeal bread and pasta).

If the diet is already fairly healthy, then more exercise should be taken on a daily basis e.g. walking, swimming, etc.

All food provides energy in the form of calories and it is important to eat enough to meet energy needs. This differs according to how active and the age of the person. For example pregnant teenagers need more calories than older women because their bodies are still growing.

If suffering from nausea during the early stages of pregnancy, women may find their appetite is reduced and weight gain is initially quite slow. However this should not be of concern and an increase in appetite later on in pregnancy will more than make for any lapses.

NUTRITION DURING PREGNANCY

The following chart gives examples of nutrients required for a healthy body and foods that provide these nutrients. Aim to eat a varied wholefood diet and choose foods from the following food groups on a daily basis:

1. Cereals e.g. barley, rice, wheat (bread, pasta), oats, shredded wheat, millet, corn, bulgur, cous cous
2. Pulses e.g. beans, peas, lentils (cooked or sprouted), peanut butter
3. Nuts & Seeds e.g. all types of nuts, nut butters, (cashew nut butter etc.), pumpkin, sunflower and sesame seeds and tahini (sesame seed spread). Also, sprouted seeds such as alfalfa and mustard.
4. Vegetables (cooked and/or raw) e.g. Deep yellow & dark green leafy vegetables include carrots, green peppers, broccoli, spinach, endive and kale. Other vegetables include bean-sprouts, potatoes, tomatoes, lettuce, cabbage, sweetcorn, celery, onions, cucumbers, beetroot, marrows, courgettes and cauliflower.
5. Fruits (fresh, dried and tinned) such as bananas, oranges, tangerines, grapefruit, apples, mangoes, cherries, grapes, apricots, pear, paw paws, kiwis, berries, currants, lemons and plums.

Some Vegan Sources Of Key Nutrients:

Protein

Whole grains (e.g. whole-wheat flour and bread, brown rice), nuts (e.g. hazels, cashews, brazils, almonds), sunflower and other seeds, pulses (e.g. peas, lentils, beans), soya flour, soya milk, tofu

Carbohydrate

Whole grains (e.g. wheat, oats, barley, rice), whole-wheat bread, pasta and other flour products, lentils, beans, potatoes, dried and fresh fruit

Fats

Nuts and seeds, nut and seed oils, vegan margarine, avocados

Essential Fatty Acids

Two polyunsaturated fatty acids not made by the body are linoleic acid (omega 6 group) and alpha-linolenic acid (omega 3 group)

Linoleic acid safflower, sunflower, corn, evening primrose, soya & hempseed oils

Alpha-linolenic acid linseed, pumpkin seed, walnut, soya, rapeseed (canola) and hempseed oils

Vitamins

A Carrots, spinach, pumpkins, tomatoes, dark greens, vegan margarines

B Nuts, whole-grains, oats, muesli, pulses, yeast extract (e.g. Marmite), leafy green vegetables, potatoes, mushrooms and dried fruit

B12 Fortified yeast extracts, soya milks, vegan margarines, packeted 'veggie-burger' mixes, some cereals and drinks. Supplements.

C Citrus fruits (e.g. oranges, lemons, grapefruit), red and blackcurrants, berries, green vegetables and potatoes

D Sunlight, some soya milks and vegan margarines

E Nuts, seeds, whole grains and flours, vegetable oils

Folate Wheatgerm, raw or lightly-cooked green leafy vegetables (e.g. watercress, broccoli, spinach), yeast, yeast extracts, nuts, peas, runner beans, oranges, dates, avocados, whole grains and some cereals

Minerals

Calcium: Molasses, seeds, nuts, carob, pulses (e.g. soya beans, tofu, haricot beans, miso-fermented soya bean curd), parsley, figs (dried), sea vegetables, grains (e.g. oatmeal), fortified soya milk

Iron: Seeds, nuts, pulses, miso, grains, dried fruit, molasses, sea vegetables, parsley, green leafy vegetables, using cast-iron cookware

Zinc: Wheatgerm, wholegrains (wholemeal bread, rice, oats), nuts, pulses, tofu, soya protein, miso, peas, parsley, bean sprouts

Fluid

Women are advised to drink plenty of fluids during pregnancy. The state of pregnancy is a "watery" one and the pregnant woman requires extra water for making additional blood for herself, the baby, and the six to 12 pints of amniotic fluid in her uterus. At least 6 to 8oz (200ml) glasses per day preferably in the form of water, fruit juice or vegetable juice should be consumed. The balance of water needed can be obtained from the watery fruits, vegetables, soups and salads, which are abundant in the vegan diet.

Further information on key nutrients for pregnancy

Folic Acid

Pregnant women must ensure adequate folic acid, folate or folacin consumption to protect their unborn children from neural tube defects such as spina bifida. Studies suggest this is plentiful in the diets of vegan adults. The Department of Health advises women considering having a baby and those who are pregnant to take a folate supplement as well as consuming foods rich in the vitamin. All women wishing to conceive should take 400mcg (0.4mg) per day and continue this during the first 12 weeks of pregnancy. Pregnant women should take 300mg per day. Any family on income support may receive folic acid supplements free on prescription.

Vitamin B12

Pregnant women do not require more than the average 3ug per day from fortified foods (or 10ug/day if relying on supplements). During pregnancy a woman's own laid-down body stores of B12 are not readily available to the foetus, which builds up its own supply from the mother's daily intake of the vitamin. If B12 intake is low during pregnancy, the foetus will not have adequate stores of the vitamin and this may lead to a deficiency sometime after birth, even though the mother herself may have no clinical symptoms. A daily supplement is worth considering if fortified foods are not consumed on a regular basis.

Calcium

Studies have shown that vegans' intake of calcium is adequate; there have been no reports of calcium deficiency. Vegan diets being rich in fruit and vegetables and free of animal protein helps conserve calcium. Studies of the bones of vegans and vegetarians show that the likelihood of osteoporosis is no greater, and may be less, than for omnivores. Additional calcium during pregnancy is not thought necessary.

Iron

No extra iron is indicated in the UK for pregnancy as it is assumed that increased requirements can be offset against the cessation of menstrual loss. However some women if they had heavy periods or were slimming before pregnancy may start their pregnancy with low iron stores and can end up tired and anaemic. So ensure an adequate intake of iron rich foods and eat foods which contain a lot of vitamin C with your meal, such as a glass of fruit juice or a piece of fruit, as this aids the absorption of iron. Tea can reduce the absorption of iron so reduce intake or drink tea between meals. It is not wise to take iron tablets unless prescribed because too much iron can interfere with the absorption of other minerals and can cause constipation.

Zinc

There is evidence from the general population that malformations occurring in some infants may be linked to zinc insufficiency in their mothers. Human milk is not a rich source of this mineral and during breastfeeding infants draw on their body reserves laid down during the last three months of pregnancy. Thus premature babies may be at risk of zinc deficiency. "Intakes of zinc by adult vegans are similar to those of omnivores and there is no recommended increase during pregnancy.

SUGGESTED MEALS DURING PREGNANCY

Breakfast

- Wholemeal toast spread with vegan margarine and Marmite (or other yeast extract) or peanut butter - or both!
- Porridge and dried fruit with nut topping
- Muesli and fresh fruit with fortified soya milk
- Scrambled tofu with chopped onion and peppers on toast
- Ryvita crispbreads spread with margarine and nut butter
- Baked beans & lightly fried mushrooms on wholemeal toast

Snacks

- Fresh and dried fruit
- Nuts
- Fruit smoothies (liquidised soft fruit & fortified soya milk)
- Wholemeal crackers and vegetable pate
- Yoghurt (vegan version available from health/wholefood shops)

Lunch

- Vegan spready or hard 'cheese', pickle and salad sandwich
- Veggie Burger, wholemeal bun, lettuce, tomatoes, beansprouts. Fresh green salad with French dressing.
- Vegetable bean soup and baked potato
- Humous, salad and pitta bread
- Samosas or onion bhajis with salad
- Fruit cake

Dinner

- Vegetable soup and/or green salad as a starter
- Main courses: vegan versions of lasagne, spaghetti bolognese, shepherd's pie, stew, curry, vegetable biriani, quiche, etc.

Dessert

- Fresh fruit salad and 'icecream'
- Fruit crumble and custard made with fortified soya milk
- Apple pie and soya creme
- Cake (fruit, vanilla sponge, chocolate, fudge, carob)
- Tofu cheesecake

Beverages

Pure water, fruit juices, soya milk shakes, coffee/tea type beverages, herbal teas

Large amounts of caffeine have in some cases been associated with various problems in pregnancy. Caffeine is a stimulant and crosses the placenta. It appears in the foetus' blood in the same concentration as in the mother's blood. There is no evidence that moderate intakes causes harm and up to 10 cups a day of cola, tea and cocoa are considered safe and because coffee contains more caffeine, a maximum of five cups a day is suggested.

COPING WITH COMMON FOOD RELATED PREGNANCY PROBLEMS

Morning Sickness

Don't worry that constant sickness will affect baby. Research shows that women suffering from morning sickness have babies who are just as healthy as those from women who don't. Many women find eating little and often is the best remedy.

Here are a few other tips on relieving morning sickness:

- eat 5 or 6 small meals per day and try to eat something every few hours because you may feel sick when you are really hungry
- avoid greasy or fried foods, as these take longer to digest. If the smell of cooking makes you queasy, ask someone else to cook while you are out of the house or try eating cold foods like sandwiches, cereal, soya yogurt, nut/seed butters and crackers, or fruit
- don't lie down directly after eating
- keep a snack like crackers or dry cereal by the bed and eat a little on waking up in the night or before getting up in the morning
- try making mixtures like mashed potatoes and chopped vegetables or vegetables and rice, because starchy foods are often more appealing than vegetables
- try peppermint tea

Heartburn & indigestion

- try small frequent meals
- eat slowly
- drink liquids between meals rather than with
- stay upright after eating
- do not go to bed on a full stomach by leaving at least two hours
- if it's worse at night, a slightly tilted bed or propped pillows can help
- avoid spicy and acid foods and fizzy drinks

Constipation

- ensure an adequate intake of fibre rich foods
- drink plenty of fluids take gentle exercise

BREASTFEEDING & FORMULA MILKS

Breast is best

The first food for a vegan baby should ideally be breast milk. For support and information on breastfeeding contact organisations like La Leche League or The National Childbirth Trust.

Breast milk is a complete natural food and contains everything a baby needs. Many benefits are conveyed to the baby by breast milk. It contains antibodies which help protect baby from coughs, colds, chest and stomach infections and breast fed babies are less likely to develop allergies. It is quite probable that breast milk contains substances needed by growing infants that are not even known to be essential and are not included in infant formula.

Formula Milk & Soya Milk

If for any reason baby is not being breast-fed or infant formula is used to supplement breastfeeding, there is only one soya infant formula currently available in the UK suitable for vegans to use - Farley's Soya Formula. It is suitable to use from birth as a sole source of nourishment. It is also useful as a milk replacement in drinks and cooked dishes for older children and adults.

Some concern has been expressed regarding the relationship between the glucose content of soya formula and tooth decay in children. Glucose syrup has several properties that make its use in soya formulas appropriate. It is easily absorbed and utilised by infants even when the gut mucosa is damaged. The use of glucose syrup as the carbohydrate in a soya formula ensures a similar osmolality to breast milk. Glucose syrup is easily mixed with water, which is essential for home preparation, and the naturally bitter taste of soya protein is effectively masked by glucose syrup without causing undue sweetness.

Farley's Soya Formula should be fed from a feeding bottle. However, between the ages of six and 12 months a beaker or cup should be increasingly used. The use of a bottle should not be prolonged and teeth should be cleaned after feeds. Regarding tooth decay, evidence indicates that the quantity of sugar eaten is less important than the time taken to consume them and the interval before further sugar is eaten. If sugary foods or drinks are consumed, it is better to ensure they are finished relatively quickly rather than eaten over several hours as the mouth pH can be restored within 30 minutes,

It is important that ordinary soya milk should not substituted for soya infant formula as it does not contain the proper ratio of protein, fat, carbohydrate, nor the vitamins and minerals required to be used as a sole food. Soya milk should also not be substituted to babies under 6 months of age because it has levels of protein which are too high and excessive protein intake is thought to be medically undesirable at this stage.

Soya milks can be given from 6 months of age. Choose fortified, calcium enriched versions and in the case of soya allergy, use fortified rice milk.

The best diet for breastfeeding

The diet for breastfeeding is similar to that recommended for pregnancy although calories, protein and vitamin B12 are higher. However an increased quantity of a normal and varied vegan diet, based on healthy eating as recommended for pregnancy, will provide adequate nutrition.

- The recommended calorie intake is 500 calories above the usual intake
- Breastfeeding women should ensure they consume adequate amounts of B12
- Protein requirements are 11g above the usual intake from the birth of the baby until 6 months of age and from the age of 6 months it can be reduced to 6g above the usual intake
- Breastfeeding women should take a supplement of 260mg of folic acid per day
- Current recommendations for calcium consumption are 1250mg per day for breastfeeding women.
- No extra iron is indicated for breastfeeding women

Weight loss and milk loss

After birth, mothers weight is probably about 7lb (3.5kg) over the weight before pregnancy. This is the body store needed for breastfeeding. It is important not to try and lose this weight by dieting as it may not be possible to get enough energy and nutrients to feed mother and baby. If too little food is eaten while breastfeeding then quantities of milk produced are liable to be lower. These extra pounds are usually shed gradually during breastfeeding because of a loss of calories in breast milk.

Small frequent meals are best. Extra fluid is required at this time so take the opportunity to have nutritious drinks like fruit and vegetable juices, soya milks, soups and smoothies to provide extra calories as well.

Protein requirements rise to 56g+ of protein per day for breastfeeding mothers from the birth of the baby until 6 months of age. From the age of 6 months it can be reduced to 53g+ of protein per day.

Portions of some vegan foods providing 10g of protein

Type of food	Weight of food providing 10g protein
Peanuts	39g
Almonds	47g
Chickpeas, dried & boiled	119g
Tofu, steamed	124g
Peas, boiled	159g
Wholemeal bread	109g
Brown rice, boiled	109g
Spinach, boiled	454g

It makes sense for vegans to continue breastfeeding for a year, if possible, because breast milk is such a rich source of nutrients. However, many infants are not that interested in breastfeeding after 10-12 months and will begin drinking from a cup.

BRINGING UP BABY

Birth - 6 months

From birth to 6 months all of the baby's nutritional needs can be met through breast milk. If mothers choose to change to bottle-feeding before the age of 6 months, Farleys Soya Formula is suitable. If baby is also receiving bottle feeds, mother will make less breast milk. The more baby breast-feeds, the more milk the new mother will produce. Feeding frequency should be as with breast-feeding - on demand. Left to themselves, bottle-fed babies consume little more than breast fed babies and are only slightly heavier.

6 months:

Stage 1

At 6 months solid foods can be introduced but the weaning process should not be hurried if baby is content with breast milk alone. Pay attention to the signals baby gives out e.g. baby will probably be ready for solid food if they cry after breast-feedings or chew on the nipple. Even then, breastfeeding should be continued (alongside the introduction of solids) for as long as is comfortable for mother and baby.

Some babies are ready for solids shortly before six months. If this is the case, by all means start solids. Be guided by what baby wants. However solids should not be introduced into the diet before the age of four months. Do not be pressurized to introduce solids before this time. This is because the body's systems - physiology and development - are not ready for solids and can only cope with breast milk or formula milk.

The best time to introduce solid foods to baby is just before breast or bottle-feeding. Starting solids is a very gradual process so be patient and go slowly. The classic 'first food' is mashed banana, which is very digestible, sweet and a good introduction to foods. Other popular first foods are apples, peaches and carrot (which are cooked and mashed) and baby rice. The first few weeks are merely an introduction and you should not be tempted to try to fill baby up with solids. When they have had enough babies will turn away their head, clamp their mouth shut or spit the food out! These are signs that they have had enough.

When introducing solids to baby offer one type of food only and then observe how well it is tolerated. Start with around 1-2 tsp of food and gradually increase up to 6 tsp. How is fed to baby depends entirely on how much they will eat. A rough guide might be a quarter of a very ripe mushy banana for a few days (or for a week) and the following week another soft fruit such as apple sauce. This gives the baby's digestive system time to get used to each new food before the introduction of additional ones. If two or more foods are introduced at the same time and baby has diarrhoea, colic or other digestive problems, it will be difficult to identify the culprit. The foods during this first stage should be bland with a smooth consistency.

If the baby is not interested the first few times solids are introduced it is advised to try again in another week. When baby is ready they will let you know. Baby might be hungry at any time of the day or night. Babies cannot tell the time but they know what they need.

Prepare cooked vegetables plainly, do not add salt, sugar or spices. Good introductory vegetables are parsnips, sweet potatoes, yams and carrots. Still start feeds with breast or bottle but now very gradually increase the amount of solid food given afterwards. Solids should only be given by spoon or hand and never added to a bottle of feed.

Typical feed for one day at stage 1

· 1st feed - breast or bottle

- 2nd feed - breast or bottle
- 3rd feed - 1-2 tsp baby rice mixed with 1 tbs milk from feed or 1-2 tsp unsweetened fruit puree
- 4th feed - breast or bottle
- 5th feed - breast or bottle

Stage 2:

Try and move gradually from solid food at one feed in the day to solid food at two and then three feeds. Follow baby's appetite and move at baby's pace.

Avoid all baby foods that contain sugar or artificial sweeteners. Sugar contains no vitamins, minerals or protein and can lead to obesity, both now and later in the child's life. Sweetened foods also confuse and seduce the appetite tending to satisfy hunger quickly and displace healthful foods. Do not add salt to foods.

Typical feed for one day at stage 2:

- 1st feed - breast or bottle
- 2nd feed - breast or bottle followed by 1-2 tsp baby rice mixed with 1 tbs milk from feed or 1-2 tsp unsweetened fruit puree
- 3rd feed - breast or bottle followed by 1-2 tsp vegetable puree or 1-2 tsp pureed fruit
- 4th feed - breast or bottle followed by 1-2 tsp pureed fruit
- 5th feed - breast or bottle

7 Months

Around 7 months of age baby should now be ready for well-cooked wholegrain cereals such as pureed lentils, rice, lima beans and weetabix. These foods should be mushy in consistency. If the family has a history of wheat, soya or corn allergies, start with rice or oat cereals. A small amount of mashed banana or breast milk can be added to the cooked cereal for easy introduction.

8-10 months

From 8-10 months of age gradually adjust baby's feeds to fit in with the rest of the family's meal times. Baby should be used to a spoon and experimenting with food that has soft lumps or is mashed e.g. mashed potato. Bake potatoes whole to preserve vitamins and mash with a small amount of water or breast milk. Try mashing them with cooked beetroot to make them pink, something that delights babies of this age. Baby will be ready for fresh fruits e.g. pears, peaches, plums and melons. Try finger foods such as toast or rusks.

Never leave baby alone whilst eating or drinking. This is especially important when children are just learning to feed themselves. They could easily choke whilst your back is turned. Avoid chunks or sticks of vegetables to children under 3 because of the danger of choking.

Baby may also be taking a drink from a cup. Suitable drinks (in addition to bottle or breast) include cooled boiled water or diluted fruit juice e.g. apple, watermelon, pear, peach and prune. Children's teeth are at most risk from tooth decay. Babies should never be left with sugar drinks or juices in feeding bottles or reservoir feeders.

Typical feed for one day at 8-10 months

- On waking - breast or bottle or unsweetened fruit juice or cooked boiled water
- Breakfast - stewed or fresh fruit, baby rice or breakfast cereal, toast fingers with margarine/yeast extract, breast or bottle

- Lunch - cooked vegetable puree with protein

10-12 months

At 10-12 months the texture of foods can be chopped, finely grated or blended. Baby is likely to be holding a feeding spoon and trying to feed on their own. They should be receiving a variety of vegetables and after a tolerance to various foods is established, they can be offered blended salads. Try blending avocado, tofu, apple-sauce and cooked greens with nut butters. The introduction of peanuts and nuts to the diet of infants from allergic families should be delayed until three years of age or at an age advised by their medical practitioner. For infants from families with no known allergy there is no need to specifically delay the introduction of peanuts.

During this time period well-cooked whole grains e.g. strained rice, barley and oatmeal as well as high protein cereals e.g. soya beans and wheat germ, may be introduced. The infant should be eating a wide variety of vegetables now including spinach and cabbage, along with root vegetables and fruits.

12+ months

From 12 months of age infants can share the same meals as the rest of the family with additional snacks in-between. Add legumes (peas and beans) to the menu, but be sure all beans are cooked until quite soft and the skins (especially soya) are removed. A thin split-pea soup is a good introduction to legume protein. Check stools to see whether the beans are being digested well. If the stool smells sour, if the baby's bottom becomes reddened or irritated, or if parts of beans are seen, wait a while before trying legumes again. Some infants do not tolerate whole legumes until age two or three, however, other soy products (such as soya milk and tofu) and grains will meet the child's nutritional needs. Hummus, made with chickpeas and tahini (sesame seed butter), is a tasty protein and calcium-rich food that can be used to augment an infant's nutrient intake. Another winner is avocado, rich in riboflavin, essential fatty acids, potassium and copper. Small pieces of ripe avocado can be eaten as finger food, or blended with water or fruit juice.

It is now a good time to introduce bread to the diet. Start with toast, as it is easier for the infant to chew. Don't forget how much children, even young ones, love noodles. Pastas, enriched with artichoke or other vegetable flours and served with gravies and sauces, provide energy and protein.

Also try to get the infant at this age to enjoy raw vegetables such as carrots and cucumbers. Grate vegetables finely or try putting a dab of peanut butter, tahini or almond butter on vegetables to entice the infant to eat. Plain tofu and rice cakes are other healthful snacks.

Typical feed for one day at 12+ months

- Breakfast - cereal or Tahini on toast, breast or bottle-feed
- Lunch - mixed vegetable dish with a pulse base and a variety of vegetables, rice pudding or fruit, water or diluted fruit juice
- Tea - baked apple and rice, soya yoghurt
- Evening - breast or bottle feed

Throughout these early months of the infant's life criticism may be endured from friends, family or the medical establishment that the diet is "reckless" or "experimental" but be assured that it is a good healthy start to life. Many health professionals now recognise that a vegan diet can be both nutritionally adequate and health promoting for both adults and children.

KEY POINTS FOR FEEDING VEGAN CHILDREN

- Infants need plenty of energy. Home-prepared cereals should be made as a thick porridge and not as a thin gruel. Add a little vegetable oil to the cooked grains to increase their calorie content, and improve palatability by making them less glutinous as they cool.
- Use more soya bean oil or rapeseed (canola) oil, and less sunflower, safflower or corn oils. The former may encourage the production of fatty acids that are important for the development of the brain and vision.
- Do not allow infants fill up with liquids before meal-times.
- Spread breads with margarine fortified with D2 and B12 or with seed or nut butters to increase energy density.
- Low salt yeast extract is a good source of vitamins and minerals.
- Well-cooked and mashed pulses provide energy and protein. Use black molasses to boost iron and calcium intakes.
- Tofu prepared with calcium salt (usually calcium sulphate) contains more calcium than cow's milk. It is also rich in protein.
- Make sure children have access to sunshine regularly and provide vitamin D2 supplements in winter.
- Use soya milk that is fortified with calcium, vitamin D2 and vitamin B12.

PEANUTS & ALLERGIES

The British Dietetic Association (June 1997) says there is no need to specifically delay the introduction of peanuts in families where there is no known allergy. Obviously the peanuts have to be of a suitable texture, for example smooth peanut butter. Peanuts are a good source of calcium and protein. However, pregnant or lactating mothers from allergic families should be advised to avoid peanuts in their own diets and the introduction of peanuts and nuts to the diet of their infants should be delayed until about the age of 3 years or at an age advised by their medical practitioner. Whole nuts are not recommended for the under the under fives due to the risk of choking.

FURTHER INFORMATION ON KEY NUTRIENTS

Protein

What children primarily require is sufficient food energy i.e. calories rather than protein per se. With adequate calories an individual will be in positive nitrogen balance and will thrive on a diet in which protein is available from a mix of plant-based foods.

Vitamin B12

After birth, if a woman's breast milk contains too little B12, deficiency can then occur in her infant - not in the first few weeks of life but after a few months when his or her own stores have run down. B12 problems in breastfeeding infants of vegan mothers remain very rare. Requirements include 0.3mg per day for infants aged 0-6 months and 0.4ug for infants aged 6- 12 months. Children from 1-10 years of age should consume 1ug increasing to 2ug per day. B12 deficiency in infancy and childhood is rare. However, because deficiency can have severe effects, and because natural plant sources of the vitamin are in serious doubt, it is important for vegan families to use and give their children fortified foods or supplements.

Vitamin D

Except in northern latitudes, most people obtain vitamin D from exposure to sunshine, rather than food. Consequently the UK has a set Reference Nutrient Intake (RNI) only for people most at risk from deficiency - that is infants from 8.5ug dropping to 7ug per day. Formula feeds contain sufficient vitamin D for infants but breast milk may not supply adequate amounts after 4-6 months of age especially in northern countries in the winter. Even in the general population, some autumn-born babies who are solely breast fed throughout winter may develop a deficiency, because the vitamin D content of their mother's breast milk is low. Nutritional rickets is more likely to occur under these conditions in dark-skinned people, especially if traditional clothing limits exposure to sunshine. Brief daily exposure of the skin to daylight in spring, summer and autumn, although not at the hottest times of the day, nor necessarily in direct sunshine, will ensure adequate vitamin D. Alternatively vitamin D fortified foods or supplements are an option for solely breast-fed infants and at weaning.

Calcium

Calcium deficiency has not been reported in vegan children. Given the importance of calcium intake during youth on the future risk of osteoporosis, vegan parents like any others should ensure calcium-rich foods in the diet. The RNIs are: 350-550mg per day for infants and children to the age of 10 years, 800mg per day for teenage girls, 1000mg per day for teenage boys.

Iron

Infants can absorb up to 50% of the iron in human breast milk but it is calculated that only 10% of the iron in formula milks is absorbed. A 1981 survey of British vegan children aged 1-4.6 years found an average iron intake of 10mg per day, mainly from wheat and pulses, which considerably exceeds the British RM of 6.1-6.9mg per day. A follow up study at the ages of 5.8-12.8 years confirmed that all the children were still consuming the RNI for iron. The 1991 UK RNI is: 0-3 months - 1.7mg per day; 4-6 months - 4.3mg per day; 7-12 months - 7.8mg per day; children up to 10 years - 6.1-8.7mg per day (depending on age); and teenagers from 11.3- 14.8mg per day.

Zinc

There is evidence from the general population that malformations occurring in some infants may be linked to zinc insufficiency in their mothers. Human milk is not a rich source of this mineral and during breastfeeding infants draw on their body reserves laid down during the last 3 months of pregnancy. Thus premature babies may be at risk of zinc deficiency. UK recommendations are 0-6 months - 4mg/day; 7

months-3 years - 5mg/day; 4-6 years - 6mg/day; 7-10 years - 7 mg/day.

ENTERTAINING CHILDREN AND THEIR FRIENDS

When dealing with non-vegan friends, it is worth making a note of the types of foods they will be likely to expect at parties, afternoon tea, etc. These foods may be slightly different from those that would be served to fellow vegans who are into the no-sugar wholefood type diet. Children are notoriously undiplomatic in expressing their disapproval of food and it can be very upsetting for vegan children to have 'their' food curtly rejected - especially at a birthday party or similar special gathering of friends.

If children are expecting a more conventional approach to meals, try to go along with this expectation. In this way the likelihood is they will think the vegan diet is not so strange after all and be more willing to try more of the same in the future. For example, avoid wholemeal breads if children are used to white bread and avoid wholemeal pastry if they usually have pastry made with white flour. The Jus Rol frozen pastry is ideal as it comes as shortcrust, puff or fib - even ready to use vol-au-vents. Carob in cakes or sweets is not a good idea if they have never eaten it before as their taste buds are usually anticipating the sweet chocolate taste and are understandably disappointed. There are many good quality vegan 'ice creams' on the market that should win over any non-vegan child. There are also good quality jellies available now not only in wholefood shops but also in supermarkets e.g. the Rowntrees Ready To Eat jellies in smaU plastic tubs, ideal for little hands to cope with (and the tubs can be re-used again to make jellies, trifles, etc for kids to take to school for lunch). There are plenty of soya products on the market that will fool anyone into thinking they are eating meat - try Redwood's 'Cheatin' range or one of the 'Vegetarian's Choice' products. Add to this, sticks of fresh vegetables such as carrots, celery, halves of tomatoes, crisps, peanuts and fruit juices or fizzy drinks. There are plenty of recipes around for good vegan sponge cakes (chocolate is always popular) to round off the meal.

SCHOOL DAYS

If schools have a good record of providing wholefood vegetarian options, there may be no problem requesting a vegan meal. The Vegan Society provides a catering pack that can be passed on to the canteen or catering company dealing with meals for the school. Packed lunches are another option that allows more control over the food provided. Request a copy of The Vegan Society's Packed Lunch information sheet.

Whilst adults find it difficult to put up with criticism from relatives and friends, children may find it much harder, being more sensitive to criticism and peer pressure. Many simply want to 'fit in' with the rest of the kids in the class and not have to constantly defend their food and lifestyle. However, some kids actually rise to the occasion and enjoy being that little bit different! Other than at lunchtime, veganism is probably not going to be much of an issue at primary school. However, it is wise to prepare children with sound information on veganism so they are able to stand firm against any comments coming their way.

Secondary school is likely to be more of a problem depending on the level of awareness in the school. Animal rights as an issue is more and more popular with kids in their teens and vegetarianism and veganism is becoming commonplace. Some schools are making a tremendous effort to provide healthier food in the canteen and it has to be said that the situation is improving all the time. The subject of veganism can even be found on the GCSE syllabus!

Providing vegan parents offer as much support, information and advice on this subject as they would on any other about which they hold firm convictions then this will give kids a good grounding for the future. Children deserve to have information presented to them in a manner that takes account of their age, sensitivity and level of understanding. Honest answers and straight-talking will pay rich dividends at a later

date. Children who are not fed an assortment of half-truths or deliberate misinformation will have little difficulty in making the connection between live animals and the food on their plate.

TEENAGERS

These days increasing numbers of children are vegan from birth. However, many older children take the decision to become vegan, often against their family's wishes. There are several ways of making a transition to a vegan diet. Some gradually cut out meat, dairy, egg, etc. Others eliminate all animal products in overnight.

Teenage vegans have nutritional needs that are the same as any other teenager. The years between the ages of 13 and 19 are times of rapid growth and change. Nutritional needs are high during this period. The teenage vegan should follow the same recommendations for all vegans and that is to eat a wide variety of foods including fruits, vegetables, plenty of leafy greens, wholegrain products, nuts, seeds, peas, beans and lentils. Nutrients that teenagers should be especially careful to include are protein, calcium, iron and vitamin B12.

Many teenagers are concerned with losing or gaining weight. To lose weight, look at the diet if it contains lots of sweet and fatty foods, then replace them with fruits, vegetable, wholegrains and cereals, peas, beans and lentils. If a diet is already healthy, then increased exercise e.g. walking, running, swimming, etc. can help. To gain weight more calories are required. Try to eat at least 3-4 meals per day. Eat foods higher in fat. For further information on feeding teenagers please request The Vegan Society's Teen Vegan information sheet.

RECIPES

Recipes can be shared between the parent and the baby. The adult may prefer not to puree his or her food or eat the rusks!

6-9 months

Baby Muesli

1 pear, peeled and chopped
5 dried apricots, simmered in a little water until soft
150 ml fortified soya milk
15g oats

Place the oats and soya milk in a saucepan and simmer for 3-4 mins or until the mixture thickens. Cool a little and place in a blender together with the cooked apricots and pear chunks. Blend until smooth and creamy.

Vegetable Puree

1 large potato, peeled and chopped
Florets removed from 1 broccoli stalk
1 courgette, sliced
2 or more tbs soya milk

Steam or boil all the vegetables for around 10 mins or until cooked. Cool a little and place in a blender together with the soya milk. Blend until smooth and creamy. Other vegetables can be used in this recipe instead of those listed.

Lentil Stew

25g dried red lentils
1 small potato, peeled and cubed
1/2 tsp tomato puree or tomato juice
1 small carrot, cubed

Place all ingredients in a saucepan and just cover with water. Bring to the boil slowly and simmer until all the liquid is absorbed and vegetables are softened. Cool a little and blend until smooth and creamy.

Baby's First Casserole

1 small onion, finely chopped
1 medium carrot, diced
1 medium potato, diced
75g dried red lentils
1 tsp mixed dried herbs
50g of tinned peas or beans
400ml vegetable stock
1-2 tbs vegetable oil for frying

Fry the onion in a little vegetable oil until tender. Add the remaining ingredients and place in a casserole dish with lid. Place in a preheated oven at 180C, 350F or gas mark 4 for approximately 1 hour or until cooked. Cool a little before blending.

Quick Vegetable Stock

1 heaped tbs yeast extract or 1 tbs Marigold vegan bouillon
Approximately 500-750ml boiling water

9-12+ months

Quick Rusks

A cheap and quick recipe for rusks. Take one thick slice of uncut wholemeal bread and cut into thick slices. Place on a baking tray and bake for 15 mins at 180C, 350F or gas mark 4.

Minestrone Soup

1 small onion, finely chopped
1/2 clove garlic, crushed
1 medium potatoes
1 medium carrots
1/2 large tin tomatoes, chopped
1/2 stick celery
50g cabbage, finely chopped
50g peas
1 small tin haricot beans
75g dried pasta shapes
Vegetable oil for frying
1 litre of vegetable stock

Fry the onion and garlic in the vegetable oil. Add the celery and fry for a little longer. Add the remaining ingredients except the pasta and simmer for 20 mins. Add the pasta and simmer for a further 10 mins.

Lentil Soup

50g dried red lentils
1 small carrot, diced
1 small onion, finely chopped
280ml soya milk
280ml vegetable stock
1/2 tsp mixed herbs
Seasoning - very little depending on age

Place all ingredients in a pan and simmer for 45 mins. Allow to cool a little and then blend.

Pasta

There are many ready-made pasta sauces on the market now and they are much quicker to use if time is of the essence. If time allows, freshly made sauces are, of course, a better option. The Vegan Society's Animal Free Shopper provides a list of pasta sauces suitable for vegans. Ragu's Traditional Recipe Pasta Sauce is a good basic sauce that can be used for all pasta dishes. Add a variety of finely chopped and lightly fried vegetables to make the dish more interesting e.g. mushrooms, red peppers or onions. Wheat-free and gluten-free pasta is available for those with sensitivities and can usually be found in whole/healthfood shops. These are usually made from rice, millet or maize.

Pasta & Tomato Sauce

350g jar pasta sauce
450g firm plain tofu
3 tbs soya sauce
2-3 adult portions of small dried pasta shells, bows or twists
Lightly fried vegetables of choice
Boiling water to cook pasta

Cut the tofu into small cubes, cover in soya sauce and marinade for 30 mins. In the meantime bring a large pan of water to the boil and place the pasta in the boiling water. Simmer until tender for approximately 10 mins. Wholemeal pasta will often take slightly longer. While the pasta is cooking, heat the pasta sauce in another pan together with the cubes of tofu. When the pasta has finished cooking, drain thoroughly and add to the sauce along with the lightly fried vegetables (optional). Mix thoroughly and serve. This should make enough for around 1-2 adults depending on appetites.

Shepherd's Pie

750g potatoes, peeled and cubed
25g-50g vegan margarine
50ml or more soya milk
1/2 onion, finely chopped
1 stick celery, finely chopped
1 medium carrot, diced
75g dried red lentils, cooked in water until tender
1 x 400g tinned tomatoes, chopped
150ml vegetable stock
Vegetable oil for frying

Steam the potatoes until soft and tender. Place in a separate bowl and add the margarine. Mash thoroughly adding the soya milk until the potato is smooth and creamy. Place aside. Heat the vegetable oil in a frying pan and add the onions and celery. Fry until tender. Add the carrot, chopped tomatoes and 150ml vegetable stock. Simmer for 20 mins or until lentils are cooked and liquid is absorbed. Place in a casserole dish and spread the creamed potato on top. Heat in the oven at 180C, 350F or gas mark 4 for 15-20 mins until potato is browned on top.

Bean Stew

75g dried peas and beans, soaked overnight
1 dsp dried lentils
1 carrot, diced
1 small parsnip, diced
1 small onion, finely chopped
15g plain flour
1 dsp tomato puree
1/2 tsp mixed herbs
1/2 litre vegetable stock
Vegetable oil for frying

Fry onion lightly in vegetable oil. Add the remaining ingredients except the flour, bring to the boil and simmer gently for approximately 1 hour or until vegetables are cooked. Add a tbs of cold water to the flour and mix into a paste. Add this to the stew and cook for a few more minutes until it thickens. Puree in a blender or, if the child is older, serve as it is.

Vegetable Pasties

100g dried brown lentils
275ml water for cooking lentils
3 medium carrots, diced
1 stick celery, finely chopped
220g potatoes, diced
150g peas, tinned or fresh
2 tsp yeast extract
1 tbs tomato puree
1/2 tsp mixed herbs
salt & pepper to taste (optional)
450g shortcrust pastry (homemade or frozen)
Soya milk to glaze

Wash lentils and boil in water with celery for approximately 40 minutes until tender. Drain well. Steam or boil peas, carrots and potatoes until tender. Place all ingredients in a bowl and mix thoroughly. Allow to cool. Roll out pastry and cut out rounds to make pasties. Make very small pasties so the child can easily hold them. Place a spoonful of filling in the middle of the pastry round and moisten the edges with soya milk. Bring edges up together and press firmly to seal. Brush with soya milk to glaze and poke holes with a fork to allow hot air to escape whilst baking. Bake for 15-20 mins at 200C, 400F or gas mark 6. Remove from oven when brown on top and allow to cool. They may be served hot or cold.

Fruit Tofu Dessert

75g mixed dried fruit
75g silken tofu
50g live soya yoghurt
Gently cook dried fruit in a little water until soft and tender. Cool a little and blend with the yoghurt and silken tofu until smooth and creamy.

Milky Fruit Jelly

1 heaped tsp agar agar
250ml pineapple or other sweet juice
250ml concentrated fortified soya milk

Heat the soya milk and pineapple juice. Add agar agar and boil for 2-3 mins. Place in mould and allow to set in the fridge.

Plain Fruit Jelly

500-750ml sweeten fruit juice e.g. pineapple and mango
2 heaped tsp agar agar powder.

Heat fruit juice until boiling. Add agar agar and allow to cook for 2-3 minutes. Pour into a jelly mould and allow to set in the fridge overnight. Serve with soya cream.

Trifle

500-750 ml jelly (use recipe above)

500-750ml custard (made with Birds custard powder, soya milk and sugar)
Cake (use 1/2 of the plain Birthday sponge cake recipe)
Rich's Whip Topping (frozen whipped cream)
Banana or other fresh fruit, diced (optional)
Grated chocolate for decoration

Make the jelly (adding fruit if required) and allow to set firmly in a bowl in the fridge. A clear deep glass bowl allows all the layers to be seen. In the meantime, make the custard using the instructions on the tin. When cooked allow to cool by placing the saucepan in cold water in the sink. Do not allow water to get into the pan. Either keep stirring or place clingfilm over the custard to prevent a skin forming. When completely cool, spread over the jelly. Then whip up the cream and spread over the custard layer. Pull up into peaks. Sprinkle with grated chocolate for decoration. Stand in fridge for a couple of hours (or overnight) to set completely.

Birthday Cakes

These two recipes can either be made as described or the cake recipes can be used as a basis for creative birthday cake making e.g. bake in square cake tins, cut into blocks and cover with coloured icing to make cars or trains. Add vegan chocolate biscuits for wheels, liquorice for bumpers, Whizzers (Smarties look-alikes) for door handles, etc. Alternatively, bake in a round cake tin and decorate with coloured icing to make a clown's face. Cakes can be as imaginative and exciting as any non-vegan counterpart.

Plain Sponge Cake

250g self raising wholemeal flour (sieved)
75-100g raw cane sugar
125g margarine
3 tsp baking powder
275ml vanilla soya dessert or custard
1/4 tsp almond essence and/or vanilla essence
pinch sea salt
soya milk

Over a low heat dissolve the margarine and sugar. Allow to cool. In a separate bowl mix together the dry ingredients. Add the margarine mixture to the dry ingredients and mix well. Add the soya dessert or custard and essence. A soft dropping consistency is required so add extra soya milk if needed. Place in two square baking tins and bake for 180F for 25-35 mins or until cooked. Remove from the oven and cool a little before removing from the tin. Remove from the tins and cool completely on a wire tray. Sandwich with jam or 'butter icing' made with vegan margarine and icing sugar. Cover with Regalice ready to roll icing which is available in different colours. Place animal or cartoon character shapes on top.

Chocolate Cake

200g self-raising wholemeal flour
2 heaped tsp baking powder
25g cocoa
75g barbados sugar
100ml vegetable oil
550m-750ml cold water
1 bar Chocolat Patissier Menier
1 packet Whizzers Dairy Free Chocolate Beans ('Smarties' look-alikes)

Place all ingredients in food processor. Mix thoroughly for a few seconds. Place mixture in greased tin and bake for 30 mins at 180C in two round cake tins. Remove from the oven and allow to cool a little before removing from the tin. Remove from tin and cool completely on a wire rack. Melt bar of chocolate in a double bowl and spread on top of cake. Allow to set overnight and cut next day for best results. Mix icing sugar with a little hot water to a soft consistency. Ice the top of the cake with HAPPY BIRTHDAY. Place Whizzers around the edge of the top of the cake.

'Butter' Icing

75g oz margarine

100g icing sugar

1 tsp vanilla essence

Beat the margarine and icing sugar until creamy. Add flavouring and beat again. Use as a filling for the sponge cakes.

FURTHER INFORMATION

Vaccinations

The subject of whether or not to vaccinate children is an oft-debated topic of particular concern to vegans and vegetarians who want to know more about the content of the vaccines, whether animal testing has been involved in their production and their long-term safety.

Healthy Start

In the UK families on certain benefits can qualify for weekly vouchers which are exchanged for milk, fresh fruit, fresh vegetables and infant formula milk. You can also get free vitamins. Healthy Start replaces the Welfare Food Scheme.

For more details visit www.healthystart.nhs.uk

THE VEGAN BOOK SHELF

The Vegetarian Baby by Sharon Yntema. Thorsons.

Vegetarian Children by Sharon Yntema. Thorsons.

Vegan Infant Case Studies. Plamil Foods.*

Living Without Cruelty by Mark Gold. Green Print.

Pregnancy, Children & the Vegan Diet by M. Klaper. Gentle World.*

Simply Vegan by Debra Wasserman & Reed Mangels. Vegetarian Resource Group*

Vegan Nutrition: Pure & Simple by M. Klaper. Gentle World*

Why Vegan by Kath Clements *

Weaning Your Baby with Wholefoods. Heretic Books.

Animal Free Shopper. The Vegan Society. (small section on Baby & Infant Care products)*

Mother & Baby Guide by Rose Elliott.

All books marked with an asterisk are available from The Vegan Society. Some books may not be entirely vegan in nature.

COMPANIES & ORGANISATIONS

Contact a Family 170 Tottenham Court Road, London W1P 0HA. National charity that brings together families of children with special needs.

Farley Health Products, Mint Bridge Road, Kendal, Cumbria LA9 6NL. 01539 723815. Farley's Soya Formula
La Leche League GB PO Box 29, West Bridgford, Nottingham NG2 6FY. Help & information on breastfeeding.

National Childbirth Trust, Alexandra House, Oldham Terrace, London W3 6NH. 0181 992 8637.

The Maternity Alliance, 45 Beech Street, London EC2P 2LX. 0171 588 8583. Working to improve life for pregnant women, new parents and their babies. Publications, fact sheets, etc on health and employment.

Mothers Know Best, 4 Wallace Road, London N1 2PG. Information on antibiotics, vaccinations, home schooling, hyperactivity, how to win arguments with teachers & doctors.

Plamil Foods Ltd, Plamil House, Bowles Well Gardens, Folkestone, Kent CT19 6PQ. 01303 850588. Vegan food products. including soya milk.

[Vegetarian and Vegan Families, 35 Rectory Grove, Hampton, TW12 1AH, phone number 020 8941 8075.](http://www.vegetarianandveganfamilies.org.uk)

THE VEGAN FAMILIES LIST

The Vegan Society holds a list of vegan families in the UK. This is a network of vegan families who have had or have vegan children and are happy to be contacted by Vegan Society Members for advice and support on, for example, feeding, home education and vaccinations. To receive a copy of the list, or to have your family added, please send a stamped addressed envelope, labelled 'Vegan Families'.

This booklet was compiled by

The Vegan Society
Donald Watson House
21 Hylton Street
Hockley
Birmingham
B18 6HJ

Tel: 0121 523 1730
Fax: 0121 523 1749

info@vegansociety.com
www.vegansociety.com