

Plan for Plant-Based Diets



Plant-based diets can meet your baby's needs when carefully planned.

FOOD EXAMPLES



Lentils, beans, tofu or yoghurt, or infant-appropriate fortified plant foods

Vitamin C-rich fruits or vegetables to help the body absorb iron

Wholegrain porridge or strips of soft flatbread

If you feed your baby a vegan diet

it is essential to get advice from a healthcare professional or dietitian about supplements such as vitamin B12, vitamin D, iron, zinc, omega-3 fats, and calcium – without proper nutrients, your baby could face long-term health problems.

