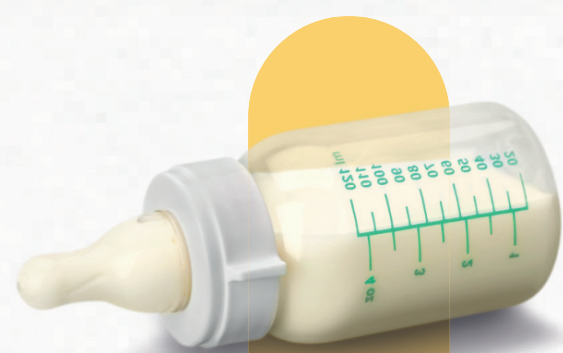




# VEGETARIAN DIET FOR BABIES

Nutritional needs are very high during early childhood, so you need to **carefully plan your baby's diet and supplementation** to avoid deficits that could cause serious health problems for life. It is mandatory that you see your pediatrician and dietitian to make sure that there are no vitamin and mineral deficits and that **foods are introduced at the indicated time and quantity**.



## 0-6 months

Exclusive breastfeeding or infant formula.

## 5-6 months

Pureed vegetables iron fortified cereal with or without gluten (quinoa, millet, buckwheat,...)



## 6-7 months

All types of fruit.  
Non-dairy proteins: tofu.

## 7-8 months

Legumes (where soy is included).



## 8-9 months

Ovo-vegetarian diet:  
Egg yolk, pea protein, hemp protein, wheat germ, beer yeast, yogurt or soy alternative

## 9 months

Nuts, seeds, seaweed (3-4 times/week), ovo-vegetarian diet: egg white.



## 11-12 months

Tempeh seitan;  
General family diet.

## 36 months

Plant-based beverages\*\*



**Exclusive breastfeeding** should preferably be done until **5-6 months**. **Breast milk** should be maintained for at **least 12 months**.

\*In its absence, it can be used infant formula exclusively

\*\*Cannot be considered a milk substitute