



# Raising Vegetarian Children : A Guide to Good Health and Family Harmony

*Joanne Stepaniak, Vesanto Melina*

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When parents choose a vegetarian lifestyle for their child, it can set family fingers wagging in dietary disapproval. It's no easier on steak-loving parents when Junior announces he's sworn off meat. With the strategies in *Raising Vegetarian Children*, parents can ease family tensions and learn to accommodate the nutritional and emotional needs of their vegetarian offspring.

It includes a detailed explanation of the Vegetarian Food Pyramid and its vitamin- and protein-rich foods, allays concerns over dietary gaps, and is packed with recipes that will please any growing vegetarian, from infant to teenager.

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