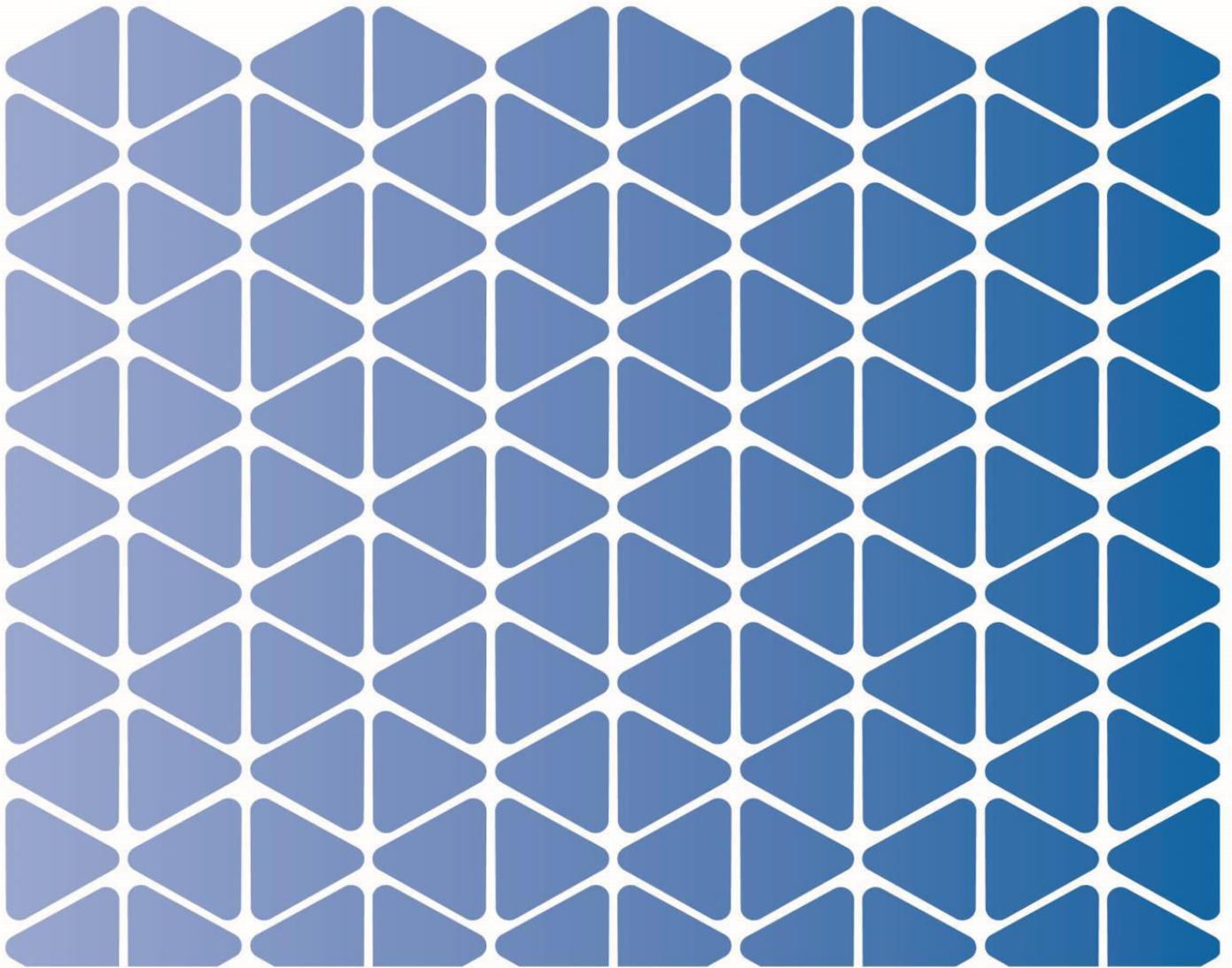




PATIENT INFORMATION

# VEGETARIAN HEALTHY EATING FOR CHILDREN



A vegetarian diet is one which does not include meat, fish, poultry, and foods which contain ingredients derived from them. A vegetarian diet can be healthy, but it is important that you have a varied diet to provide all the essential nutrients you need.

As well as energy, protein, vitamins, minerals, fibre, omega 3 and 6 fats are required each day. It is particularly important to ensure enough protein, calcium, iron, zinc, vitamin B12, and vitamin D is provided.

## **PROTEIN**

Adequate protein can be obtained by eating eggs, soya, Tofu, Quorn, textured vegetable protein (often incorporated into burgers and sausages), beans, dhal, lentils, pulses, nuts, nut butters, seeds and pastes made from them. Dairy products and cereals also provide protein. Try to mix different protein foods together in order to obtain a better balance of nutrients.

## **CARBOHYDRATE**

Carbohydrate provides us with energy. Most is provided by plant foods such as bread, potato, rice, pasta and cereals. Take these foods as part of each meal.

## **FATS**

The **omega 3 essential fatty acids** found in oily fish are also found in rapeseed oil, soya oil and their spreads. Linseeds and nuts are also good sources.

Other healthier fats are **monounsaturated** fats such as olive oil or rapeseed oil, olive oil spreads and soya spreads.

## **VITAMINS**

Eating a variety of foods from all the different food groups will ensure you are getting adequate vitamins. Vitamin B12 is the only B vitamin not found in plant foods. It can be found in dairy foods and eggs and it is also added to some yeast extracts, breakfast cereals and textured soya protein. If you do not regularly include these foods in your diet you may need to take a supplement.

## **MINERALS**

Eating a varied diet should ensure you are getting an adequate mineral intake. Vegetarians should ensure they include a variety of foods as iron is not absorbed as well from vegetables as it is from animal sources.

Iron is found in leafy green vegetables such as, broccoli, cabbage, spinach, pulses, nuts, wholemeal bread, fortified breakfast cereals, dried fruit and eggs.

Including Vitamin C with a meal such as a glass of orange juice can increase the amount of iron absorbed. In contrast tea can reduce iron absorption so avoid with meals. Wait 1 - 2 hours after a meal to drink tea.

Where possible, choose foods that are fortified with iron and other nutrients e.g. certain brands of breakfast cereals, cereal bars, breads, malted milk drinks and fruit juices.

## **FLUIDS**

Aim for 6-8 drinks per day and more in hot weather to keep hydrated. Choose from water, squash, fruit juice or milk.

Between meals try to have water and milk only to keep teeth healthy.

## EATWELL PLATE

The Eatwell Plate is reproduced with the kind permission of the Vegetarian Society

### FRUIT AND VEGETABLES

Provide us with vitamin A, fibre, flavonoids and some iron.

Aim for at least 5 portions daily and include at each meal. Choose a wide variety of fresh, frozen, canned and dried fruit and vegetables, juice and smoothies.

One portion is equal to:-

- 2-3 tablespoons of vegetables.
- 1 apple/banana/pear/orange.
- 1 handful of grapes.
- 1 glass (150ml) fruit juice.

### ALTERNATIVES TO MEAT AND FISH

Provide protein, iron, zinc, magnesium and B vitamins.

Include 3 portions daily. Choose from a variety of pulses for example lentils, chickpeas, and beans. Also nuts, nut butters, seeds and seed pastes, eggs, soya, Quorn, dahl.

One portion is equal to:-

- 2 eggs (up to 7 per week).
- 4 tablespoons beans, peas, lentils, Dahl or Hummus.
- 3 tablespoons soya or Quorn products.
- 2 tablespoons nuts, peanut butter.



### BREAD, RICE, PASTA, OTHER CEREALS AND POTATOES

Provide us with carbohydrate for energy. B vitamins, fibre, zinc and iron.

Eat these with every meal. Try some wholemeal and wholegrain varieties e.g. granary bread, pasta and basmati rice. Try to eat skins on potatoes and try brown rice.

### MILK AND DAIRY FOODS

In addition to providing most of our calcium these foods are also good sources of protein, vitamins and minerals. If using soya /almond milk choose calcium enriched variety.

Include at least 2-3 portions daily if under age 10.

Girls 11+ 3-4 portions daily.

Boys 11+ 4-5 portions daily.

One portion is equal to:-

- (200mls)  $\frac{1}{3}$  pt milk.
- 1 small pot of yoghurt.
- (25g) 1oz (size of small matchbox) cheese.

### FATTY AND SUGARY FOODS

These foods are high in energy and provide few useful nutrients so have them in small amounts only. Foods in this group include butter, cream, oil, mayonnaise, fizzy drinks, jam, chocolate, crisps, sweets, biscuits and cake.

## **BREAKFAST**

- Toast with peanut butter, a glass of milk and a banana.
- Breakfast cereal with fresh / dried or canned fruit served with yogurt.
- Granary / wholemeal toast with tinned tomatoes / baked beans / mushrooms.
- Boiled / poached egg with wholemeal toast and orange juice.
- Porridge with milk served with dried fruit.

## **LUNCH**

- Cheese and tomato/egg and cress / Quorn slices/peanut butter sandwich.
- Scrambled egg / mushroom pate / tomatoes /cheese / mushrooms / baked beans on toast.
- Baked potato with cottage cheese and pineapple / five bean chilli/baked beans.
- Lentil soup and roll.
- Hummus and salad in pitta bread/tortilla wrap with carrot sticks and cucumber.
- Vegetarian quiche and salad.

## **MAIN MEAL**

- Lentil curry and rice.
- Spinach and ricotta cannelloni.
- Spaghetti bolognaise made with Quorn/soya mince served with salad.
- Macaroni cheese with vegetables.
- Quorn fajitas.
- Vegetable stir fry with tofu served with noodles.
- Veggie or bean burgers / Quorn sausages with potatoes and vegetables.
- 5 bean chilli with rice and salad.

## **HEALTHY SNACKS**

- Fresh fruit or fruit in natural juice.
- Nuts and raisins.
- Sunflower/pumpkin seeds.
- Crackers and cheese.
- Breadsticks and hummus.
- Yoghurt / fromage frais.
- Cereal bars.

## **PUDDINGS**

- Yoghurt/custard with Fresh/tinned fruit.
- Milky puddings e.g. rice pudding.
- Sponge pudding with custard.
- Fruit salad/tinned fruit.

### **For further information contact:**

The Vegetarian Society

[www.vegsoc.org](http://www.vegsoc.org)

[www.foodgov.uk](http://www.foodgov.uk)

NHS vegetarian diet

## Worcestershire Acute Hospitals NHS Trust

Covering the Alexandra Hospital, Redditch, Worcestershire Royal Hospital and Kidderminster Treatment Centre.

Tel: 01905 733953

Email: [wah-tr.paeds.diet@nhs.net](mailto:wah-tr.paeds.diet@nhs.net)

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.