

# An Early Start on a Vegetarian Lifestyle — Nutritional Recommendations for Vegetarian Children

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## Overview

*Suggested CDR Learning Codes: 3020, 4010, 4040, 4110, 4150, 5070; Level 1*

This continuing education course will discuss some of the current trends in plant-based eating, examine some of the potential health benefits associated with plant-based eating, and set out specific strategies for parents interested in raising vegetarian or vegan children.

Course content was written by Sharon Palmer, RD, a contributing editor at *Today's Dietitian*, a freelance food and nutrition writer in southern California, and the author of *The Plant-Powered Diet*.

## Learning Objectives

After completing this continuing education course, nutrition professionals should be able to:

1. Discuss recent trends in the popularity of plant-based diets.
2. List and discuss three nutrients of concern for children who eat a vegetarian or a vegan diet.
3. List and discuss two potential benefits of vegetarian or vegan diets for children.
4. Provide nutritional recommendations to clients who want to have their infants or toddlers consume a vegetarian or vegan diet.

### Course summary

**Available credit:**

- 1.00 CDR

**Course opens:** 01/17/2013

**Course expires:** 01/17/2016

**Cost:\$50.00**

## Accreditation

## Register/Take course