

Plant Power

A Nutrition Guide for Healthy Kids



PROTEIN

Black beans
Tofu
Veggie burgers
Peanut butter
Wheat bread

VITAMIN D

Mushrooms
Fortified juices
Fortified nondairy yogurts
Hemp seeds
Supplements

FIBER

Strawberries
Artichokes
Peas
Asparagus
Lentils

CALCIUM

Broccoli
Almonds
Bok choy
Tempeh
Collard greens

IRON

Chickpeas
Spinach
Soybeans
Quinoa
Cashews

B12

Fortified nondairy milk
Fortified cereals
Fortified vegan meats
Fortified nutritional yeast
Supplements

Learn more about eating vegan at [PETAKids.com](https://www.petakids.com).

PETA kids