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How do I plan a vegetarian menu for my child?

A vegetarian diet can be equally nutritious to a diet that includes meat/chicken/fish or eggs. To make sure your child gets enough of all the nutrients needed for a growing child, their vegetarian diet must.

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Vegetarian Meal Plan for Kids

How to make meals interesting for your child?

A child's vegetarian meal plan can be equally nutritious to a diet that includes meat/chicken/fish or eggs. As a mother, you have to come up with new meal ideas with ensured nutrition. To make sure your child gets enough of all the nutrients needed for a growing child, a balanced diet chart for a vegetarian must include:

- a) Protein alternatives such as nuts, soy, milk & milk products, legumes and tofu.
- b) Energy for growth and development from whole grains or multigrain cereals, quality fats & oils in Indian veg diet plan in right amounts
- c) Iron to prevent anaemia
- d) Vitamin B12 for the body to help in metabolism and to make red blood cells
- e) Vitamin D and calcium to prevent bone disease

The key to being an expert parent is to plan a nutrient-dense vegetarian menu for kids consisting of all the essential food groups



Importance of a vegetarian diet chart for your child

The period between 2 to 5 years of age is characterized by an increase in activity levels. This coupled with the small tummy of your child means that a range of vital nutrients are needed at this growing stage in the small volumes of food that your

child consumes.

To make sure your child gets enough of all the nutrients needed for growth, the vegetarian meals for children must include the following food groups in appropriate portions:

FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTION
FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTIONS
Cereals	2	4	1 small chapatti/1 small spce of bread/2 tbsp. of raw rice/2 tbsp. of raw pasta/2 tbsp. of raw dapa/2 tbsp. of sooji/2 tbsp. of raw oats	Cereals are a important sou of energy, carbohydrate protein and fi as well as containing a range of micronutrient such as vitam E, some of th vitamins, magnesium a zinc. Fortified cereals with i helps growth enhances learning abip

FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTION
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ROLE AND FUNCTIONS

Pulses are low source of protein with a high fiber content. Protein is needed for your child's muscle growth and repair. Seed/legume can be much easier to digest and assimilate more nutrients if sprouted.

ROLE AND FUNCTIONS

Milk and milk products are sources of calcium- good for bones, muscles and teeth. Vitamin D is derived from sunlight and helps the body absorb calcium and phosphorus

FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD
Pulses and legumes	1	1	2 tbsp. raw pulses/legumes/beans/lentils

FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD
Milk and milk product	5	5	1 small cup (100 ml) milk/ 1 small cup curd (100 g)

FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTIONS
Vegetables				
FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTIONS
Roots and tubers	½	1	1 cup chopped raw potato/ carrot/ turnips/onions etc.	Try to have baked/steamed potato instead of fried to ensure their health benefits.
FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTIONS
Green leafy vegetables	½	1	1 cup chopped raw green leafy vegetables like Spinach/fenugreek/bathua/mustard leaves etc.	Try to incorporate Green leafy vegetables everyday in different forms to keep your child healthy.

FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTIONS
FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTIONS
Other vegetables	1/2	1	1 cup chopped raw other vegetables	Include seasonal and colourful vegetables to enjoy beneficial antioxidants.
FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTIONS
Fruits	1	5	1 medium banana/1 apple/ pear/ orange/ 1 katori chopped papaya/ pineapple etc.	Go for a variety of seasonal fruits rich sources of antioxidants, various vitamins and minerals

FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTIONS
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Fats and oil	5	5	1 tsp of vegetable oil/ ghee/butter/ mayonnaise/ cheese spread etc. Soy oil/walnuts/flaxseeds are rich in omega -3 fats.	Include health vegetable ba oils as olive/mustard bran/soybean Avoid trans fa and saturated oils. Foods containing omega-3 fats help your child brain development vision.
FOOD GROUPS	SERVINGS REQUIRED/DAY (1-3 YEARS)	SERVINGS REQUIRED/DAY (4-6 YEARS)	SUGGESTED 1 SERVING OF FOOD	ROLE AND FUNCTIONS
Sugar	3	4	1 tsp of table sugar/jaggery powder/ honey* /jam etc.	Try to limit sugary foods in trans fats a low in nutrient



Delicious vegetarian options for your toddler

The diet chart for vegetarian kids should consist of small and frequent meals (3 major meals – breakfast, lunch and dinner and 3-4 small meal snacks) in a day. You can try variations while trying out new vegetarian breakfast ideas and veggie dishes for toddlers.

Following are few healthy meal options:

BREAKFAST OPTIONS

SNACK OPTIONS

MAIN MEAL OPTIONS (LUNCH/DINNER)

BREAKFAST OPTIONS

- Besan chilla with vegetables
- Stuffed vegetable/paneer paratha
- Vegetable/paneer sandwich
- Sooji vegetable upma
- Vegetable idli
- Moong dal chilla
- Cereals with milk/curd
- Whole wheat vegetable dalia/dalia with milk and fruit
- Whole grain bread with peanut butter and banana
- Milkshake with fruit to accompany the main meal

SNACK OPTIONS

- Fruits
- Kebabs
- Dhokla
- Carrot kheer
- Fruit smoothies
- Peanuts/makhana
- Almonds/raisins/dates etc.

MAIN MEAL OPTIONS (LUNCH/DINNER)

- MAIN MEAL OPTIONS (LUNCH/DINNER)
- Rice and Sabzi or Dal
- Vegetable Khichdi
- Colorful vegetable pulao with paneer/curd/dal
- Roti made with wheat & soya flour to accompany with dal/channa/mix vegetable
- Rice and saag paneer or channa (chick peas)
- Phulkas with mixed vegetable curry

**Honey plays a crucial role in taste development, particularly in early life, as it introduces infants to a diverse range of flavors and helps shape their palate. However, honey can contain the bacteria that may cause infant botulism. Consequently, honey should not be introduced before 12 months of age unless the spores of Clostridium botulinum have been inactivated by adequate high-pressure and high-temperature treatment, as used by industry.*

Whenever honey is used in our products, it undergoes an externally validated treatment that ensures our products are safe to consume.