

IN ADDITION TO A
HEALTHY, BALANCED DIET,

*choose
More options
like:*

ENERGY BOOSTING TIPS FOR VEGETARIAN CHILDREN (AND ADULTS TOO!)

FULL- FAT DAIRY

E.G. MILK, YOGURT,
CHEESE, BUTTER,
GHEE



OTHER HEALTHY FATS

E.G. AVOCADO, NUTS &
SEEDS (WHOLE OR
BUTTERS), COCONUT
(FLESH)



PROTEIN- RICH FOODS

E.G. EGGS, LEGUMES,
BEANS, SPREADS
(HUMMUS, TAHINI)

