

Babies and young kids should eat meat for their growth

Culinary, Mythbusting



Probably this is one of the biggest myths we've ever heard. I'd also say it's one of the most general statements in our community. Well, at least from where I live.

We all know that the higher risk among babies and young children is possible to iron deficiency. But many contemporary types of research show that young children don't need to consume meat, especially not red meat to grow and stay healthy. The only thing parents should be careful about is a balanced diet. There are many plant-based

ingredients rich in iron.

For example, to name a few:

- lentils
- tempeh
- leafy greens
- beets
- dry fruits (raisins, cranberries, apricots)
- seeds (hemp, pumpkin, sesame)
- nuts (cashews, pine nuts)
- grains (oats, quinoa).

There is one more I like to add to our menu, dark chocolate. Don't be afraid to give your kids a bit of dark chocolate. It contains lots of iron, magnesium, fibers, and antioxidants which also protect against various diseases especially if you prepare your chocolate and chocolate spreads.

For a better iron absorption always try to include some lemon or other citrus in your dish.

Why can eating veggies be such a pain with toddlers?

On the one hand, I'm well aware of kids who don't like eating veggies or any other »weird stuff« that is not store bought. But on the other hand, there are so many possibilities you can trick your toddler with, to start consuming some healthy food.

Make some [Beet smoothie for breakfast](#) try our [Yummy chocolate granola](#) for breakfast or prepare a delicious [Banana bread with homemade hazelnut spread](#) for an afternoon snack . You can check our video [How to make raw bliss balls](#), which also make a great afternoon snack.

If your kids don't like eating regular salads or basic steamed veggies, trick them by adding different dressings. We love to uplift our dishes with a delicious [Lemony white salad dressing](#).

Make sure you eat the same food as you prepare for them. Also never serve your children a tasteless food, without any herbs or spices. They like to eat food with good taste, too. Cook the same for the whole family. Besides, we all know that their most significant role models are us, parents.

I'm a mother of two little girls, one of them still breastfed and iron or other vitamins were never an issue. But we do follow a balanced plant-based diet which includes lots of legumes, nuts, seeds, and veggies. Usually every day I prepare something different for our dinner, to ensure our bodies get all the necessary nutrients.

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