

NUTRITION

Sustainable diets for lifelong health.

FOR
OUR

CHILDREN



A benefit for
your own health,
for the planet
and for animals.

**What would
have been like
if you were taught
this as a child?**



A healthy diet from an early age helps children to make healthier choices throughout their lives^[i].

In this guide, you will find up-to-date nutritional information, tips on how to prepare your food plate, advice to change habits, delicious recipes, and tools to help your family achieve this transition.

**“The world will not be destroyed by those who do evil,
but by those who watch them without doing anything”**
-ALBERT EINSTEIN



Disclaimer! This guide is not a substitute for professional consultation!



ALWAYS: ^[iii]

- Review the diet with a suitable professional who can decide what is best for each child, and who can collaborate with the learning process and respectful parenting .
- Do not treat children as smaller adults. They are persons in another stage of the life cycle, constantly growing and developing, and this requires specific and personalized management.

DECONSTRUCTING MYTHS

1/ “Children cannot have a plant-based diet,” and “only after 18 years of age.”

FALSE

Plant-based diets are safe for ALL STAGES OF LIFE (pregnancy, lactation, childhood, adolescence, adulthood, and for athletes).

It is assured by the: (AND) Academy of Nutrition and Dietetics; (SAN) Argentine Society of Nutrition (PCRM) Physicians Committee for Responsible Medicine; (CDA) Canadian Dietitians Association (AEDN) Spanish Association of Nutritionist Dietitians; (UN) United Nations Organization; (NSNZ) New Zealand Dietetic Association; (WHO) World Health Organization; (AICR) American Institute for Cancer Research; (AAP) American Academy of Pediatrics; (BDA) British Dietetic Association and many more.

3/ “With a vegan diet, you don’t get enough calories!”

FALSE

This diet involves a change in the food consumed, not in the quantities. When the diet is balanced and correctly planned, it will provide the necessary calories and leave you satisfied.



2/ “A plant-based diet is more difficult”

FALSE

Every meal requires time and planning, no matter what type it is. Once habits are learned, one can easily incorporate them. And of course, there are strategies to adopt a plant-based diet without having to be experts in the kitchen.

4/ “A vegan diet is more expensive!”

FALSE

For whom? Not for the world and neither for you. Eating seasonal foods and cooking them yourself is always cheaper. One kilogram of legumes feeds more people than one kilogram of meat, and it is also cheaper and more nutritious.

Why a plant-based diet?



Because they are **SUSTAINABLE**

"A plant-based diet has a reduced environmental impact and contributes to food and nutritional security. They help current and future generations have a healthy life. They also protect and respect bioavailability and ecosystems, are culturally acceptable, accessible, economically fair and affordable. They are also nutritionally adequate, healthy, and optimize natural and human resources." x ^[iii]

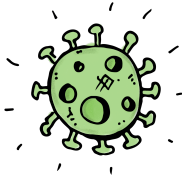


"In other words, you can live without eating animals, with less exploitation of the land, without damaging (so much) the plant and without damaging your health... and above all: IT IS URGENT ^[ii]



. FOR OUR HEALTH

It is a scientifically proven fact: eating animals directly impacts our health, causing the most prevalent and mortal diseases worldwide. It increases the risk of getting chronic diseases such as diabetes, cardiovascular disease, high blood pressure, cancers, and other degenerative diseases. A plant-based diet prevents, or at least delays, its onset until a very old age. It saves you money, saves you from consuming prescription drugs for the duration of your life, and saves you from emotional distress. Look at the evidence!



. TO AVOID PANDEMICS

The UN identifies four drivers of zoonotic disease outbreaks in their 2020 Preventing the Next Pandemic report: 1) The growing demand for animal protein. 2) Intensive and unsustainable agricultural practices. 3) The exploitation of wildlife. 4) The rise of global travel and the climate crisis. According to the report, “the world is reacting and treating the economic and health symptoms of the COVID-19 pandemic, but does not address the cause.”^[iv] According to the CDC, “More than 6 out of 10 known infectious diseases in people are transmitted through animals, and 75% of new infectious diseases come from animals.”^[v]

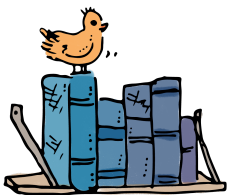


. TO TAKE CARE OF THE EARTH AND OTHER ANIMALS

Meat production damages the environment: it pollutes water and the air, causes loss of biodiversity, erosion, deforestation, greenhouse gas emissions, and depletion of drinking water reserves. It is the leading cause of water pollution in the world from antibiotics, hormones, tannery chemicals, animal waste, eroded pasture sediments, fertilizers, and pesticides. Millions of hectares of land are deforested for the direct grazing of animals who will be used for food or to plant crops. However, the crops produced are not used to satisfy humankind’s hunger, but instead to feed farmed animals that will only suffer and die: just to feed a small percentage of humans. The United Nations warns that “the impact of animal agriculture is so significant ,we must find a solution.”^[vi]

“To satisfy the carnivorous appetite, we razed an area equivalent to the size of the African continent to raise animals for slaughter.”

-SONIA SHAH.



+ DATA :

- * Scientific evidence of health warning.
- * Pigs: new threat of pandemics.
- * China wants to place pig factories in Argentina.
- * Environment devastation and food insecurity.



PLANT BASED DIET

How do I prepare the plate?

1. Know the foods and recommended daily amounts.



Whole grains:

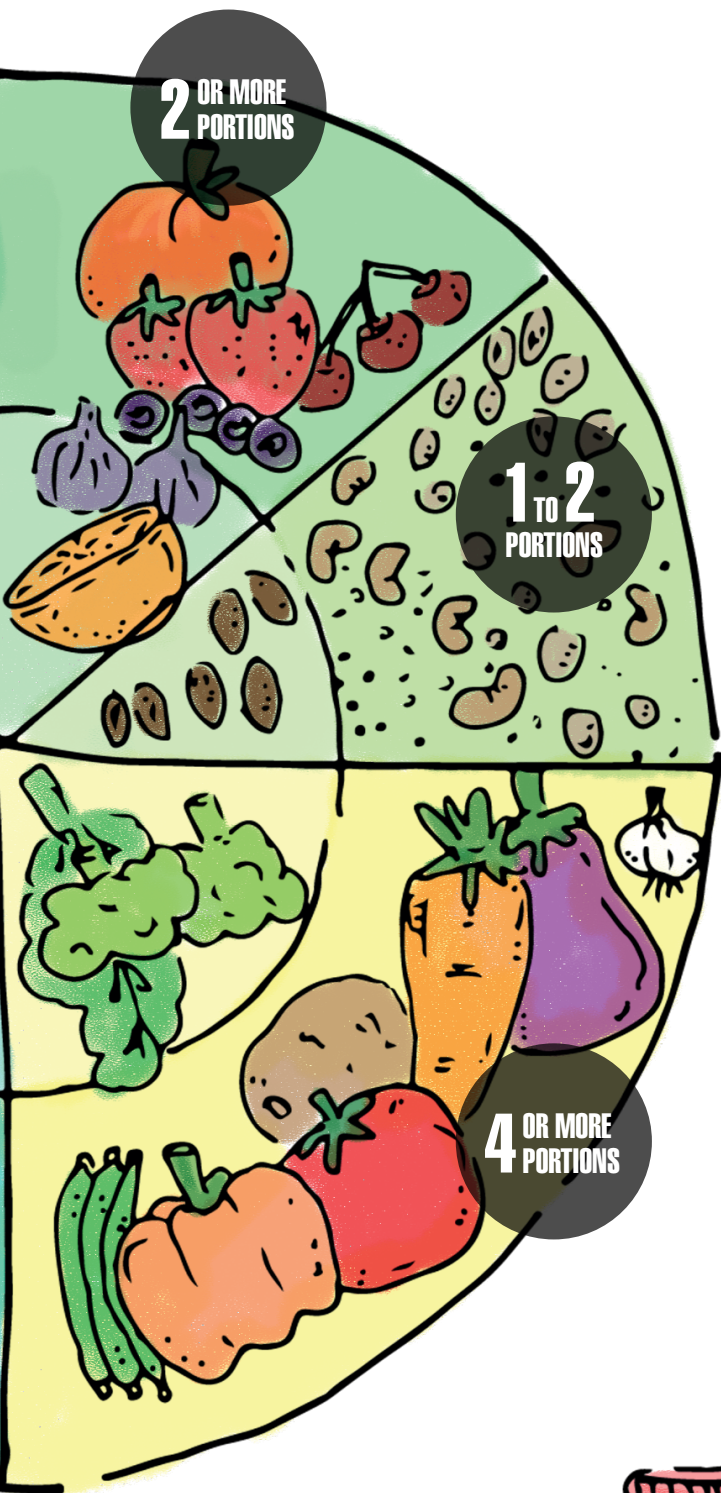
They provide: carbohydrates



Legumes:

These have to be on your plate every day!

They provide: protein and iron.



Fruits: They should be mainly fresh whole fruits (not juice or dried)

They provide: fiber, potassium, vitamin C, and folic acid.

👁️👁️ WATCH OUT! Include fruits that are high in Vitamin C: citrus fruits, melons and strawberries are good choices.



Nuts and seeds

They provide: vitamins E, B6, niacin and folate
Examples: pumpkin seeds, brazil nuts, sunflower seeds, cashews.

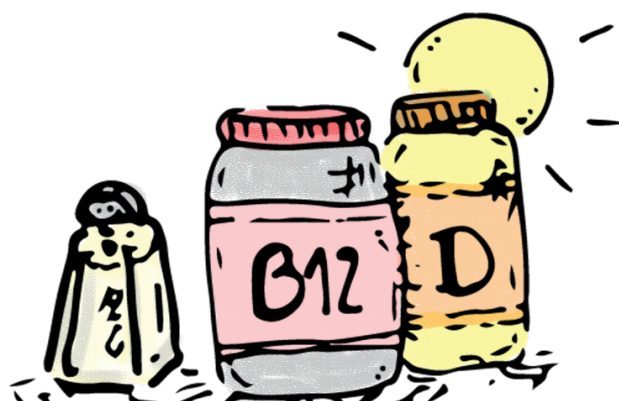
👁️👁️ WATCH OUT! Nuts and seeds are nutritious but are high in fat. Also choose unsalted.



Vegetables: Include all types and colors.

They provide: beta-carotene, folic acid, potassium, vitamin C, fiber, etc.

👁️👁️ WATCH OUT! Even though calcium in most green vegetables is easily absorbed, there are three exceptions: spinach, chard, and beet greens.



How can I replace animal proteins?

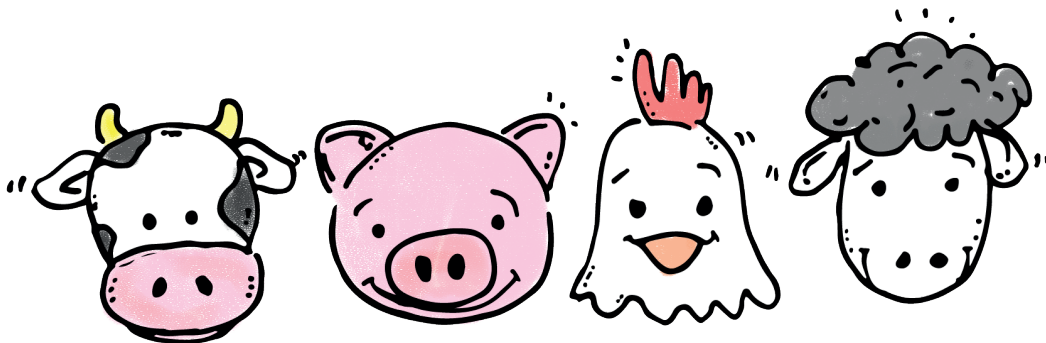


With legumes, tofu, products made with soy, seitan and tempeh.

How can I replace omega-3 from animals (fish)?



With ground flax seeds, nuts, soy, and tofu.



All plant sources are exempted from "bad" cholesterol, antibiotics, and pollutants.



In the same way farmed animals are supplemented with B12, we must also do so for the proper functioning of the body.

To know how much you should take, consult a specialized health professional since blood tests are often required for B12 and homocysteine in order to determine the correct dose. This means that the intake quantity of B12 is evaluated individually.

ATTENTION:

- Vegan pregnant people must be correctly supplemented.
- Children between 0-6 months old receiving breast milk from a correctly supplemented parent do not need additional supplementation. They should start after the first 6 months.
- Children between 0-6 months old not receiving breast milk should take formula with B12.

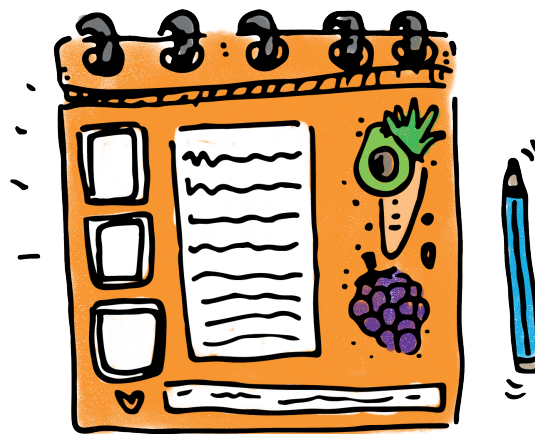
Vitamin B12 is essential for DNA formation, development, and growth of the baby. A B12 deficit has serious consequences. Consult a professional and take your supplement!

2. Have different menu options.

2 PREMISES:

👤 Limit processed “foods” – canned and sugary drinks, because they do not provide nutrients and are “empty calories.”

👤 Reduce salt intake. Flavor with herbs, spices, and lemon juice.



options and ideas

LUNCH AND DINNER OPTIONS^[vii]

- Turkish lentil and pumpkin soup + toasted sunflower seeds.
- Lentils medallions + baked potato and pumpkin.
- Sauteed noodles with vegetables and textured soy.
- Breaded tofu + potato salad and beans.
- Baked zucchini stuffed with quinoa and lentils.
- Millet and eggplant croquettes + tomato, beet, and lentil salad.

BREAKFASTS AND SNACKS^[vii]

- Whole wheat toast + hummus and cherry tomatoes.
- Bowl of chopped fruit + chopped peanuts and almond butter.
- Porridge cooked with non-dairy milk + fruit and nuts.
- Oatmeal and cocoa pancakes + peanut butter and strawberries.
- Dates, almond and coconut truffles + apples.
- Smoothie of tofu, non-dairy milk and strawberries + handful of dried fruit.
- Toast with scrambled tofu and avocado + red fruit smoothie.
- Carrot and cucumber sticks, roasted chickpeas and bell pepper slices, cherry tomatoes and olives.



Attention

foods that must be modified to avoid the risk of choking in small children ^[viii]

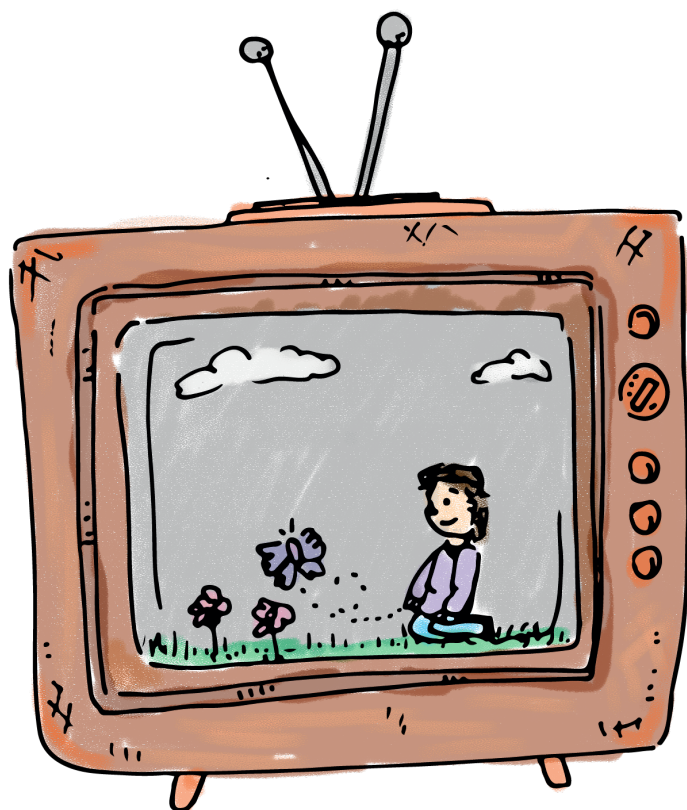
FOOD	HOW TO ADAPT IT
Vegetables and greens	Cooked and in small pieces. The mashed potato and with a teaspoon of nutritional yeast.
Nuts and seeds	Offer them grounded or in the form of butter without lumps. Do not offer them in their whole before 4-5 years.
Grapes, olives, cherries	Remove the seeds and cut them into small pieces
Raw carrots or celery	Grate or chop them
Cherry tomatoes	Cut it into halves or quarters
Avocado	Cut it into slices
Tofu sausages	If they have skin it must be removed. Cut the sausage into slices.
Wholemeal bread	Sourdough with little salt is preferable.
Bread crust, toast	Avoid very rigid or pointed edges
Popcorn	Avoid during the first 4-5 years of age
Candies and gums	Avoid during the first 4-5 years of age



Attention

children over 2 years old ^[viii]

- From this age, their diet should be the same as that of adults. They should eat mostly solids. For pureed foods, eat them as often as the family does.
- The consumption of formula milk is no longer necessary.
- Breast milk can continue to be given, but it is recommended it be after solid foods.
- Optionally, glasses of calcium-enriched soy, oat or almond milk can be added. Rice milk is not recommended before age 5. ^[ix]



I NEVI TABLE DECONS TRUC TION

“Many times, children who eat fruits, vegetables and a variety of legumes have to give explanations (and the adults in charge as well) and those who live on cookies (indicated many times by their pediatrician), soft drinks and fries, do not.” ^[ii]

Why? What are we taught?

- 👉 “Almost 9 out of 10 foods advertised during children’s TV shows have a low nutritional value.
- 👉 Desserts (23.3%), dairy (16.2%), sugary drinks (13.2%), fast food chains (12.5%), and salty snacks (7.9) are the 5 most advertised food categories.
- 👉 1 out of 3 ads use gifts or prizes to encourage the purchase. 1 out of 4 use famous people.
- 👉 It is estimated that children are exposed to more than 60 television advertisements for junk food per week”^[iii]
- 👉 Preschoolers ages 2 to 5 spend approximately 32.5 hours a week in front of the TV, and elementary school students ages 6 to 11 watch 28 hours a week ^[x] .

Now, let's add to this the amount of time the children are on the internet, playing video games, and eating dinner. We can see that many children spend far too much time sitting still!



👍 "Limit sedentary activities, except for school homework.

👍 Children should participate in active activities for at least one hour a day ^[xi].

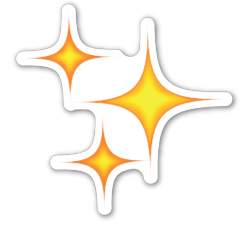
👍 Promote individual interests! Help your child become delighted with the real world!

👍 Talk to your children about their activity patterns. Please encourage them to play with other children or with a family member!

Keeping children moving is healthy.



Keys to sustaining the new habits^[xi]



- ♥ Teach your child to listen for internal hunger and satiety signals. When they do not want to continue eating, save the food for when they feel hungry again.
- ♥ Teach your child the value of good nutrition. Teach them that food is a fuel for health and physical and mental fitness, rather than a comfort, a friend, a relief, a reward, a means to solve problems, congratulate, exercise control, or rebel. ^[ix]
- ♥ Try to avoid promising dessert as a reward, as it makes less healthy foods seem special.
- ♥ Allow healthy treats: fruit salad, smoothies, a cup of berries.
- ♥ Teach your child that animals are friends and not meant to be killed for food.
- ♥ Read children's books to them that introduce plants in a funny and exciting way.
- ♥ Involve them in preparing food (shopping, cooking, taking out to share). Even young children can help wash vegetables or pour ingredients.
- ♥ Establish clear divisions of responsibility. If a "food discussion" takes place, parents should provide appropriate food options and have the child choose from the options on offer.



Tips for respectful parenting ⁽ⁱⁱⁱ⁾:

- ☺ Talking with them about the family's decision to hold a specific food position (ethical-political) is essential to being respectful with their upbringing.
- ☺ Build up the necessary confidence to answer their doubts; opening space for them to reveal their thoughts without fear of being judged.
- ☺ Listen to their preferences and dislikes.
- ☺ Respect their decisions, even if they are opposite to yours.

FAMILY ACTIVITIES THAT EMBRACE THE ENVIRONMENT

♥ Learn to separate and recycle:

The philosophy of recycling is based on the fact that waste be treated as a resource. These waste materials can then be used by companies to create new products, eliminating the need to source brand new material.

How do you do this? Separate packaging according to their material, for example, plastics, cardboard/paper, glass, and aluminium and other metal. Then take clean and dry items to the recycling center closest to your home.

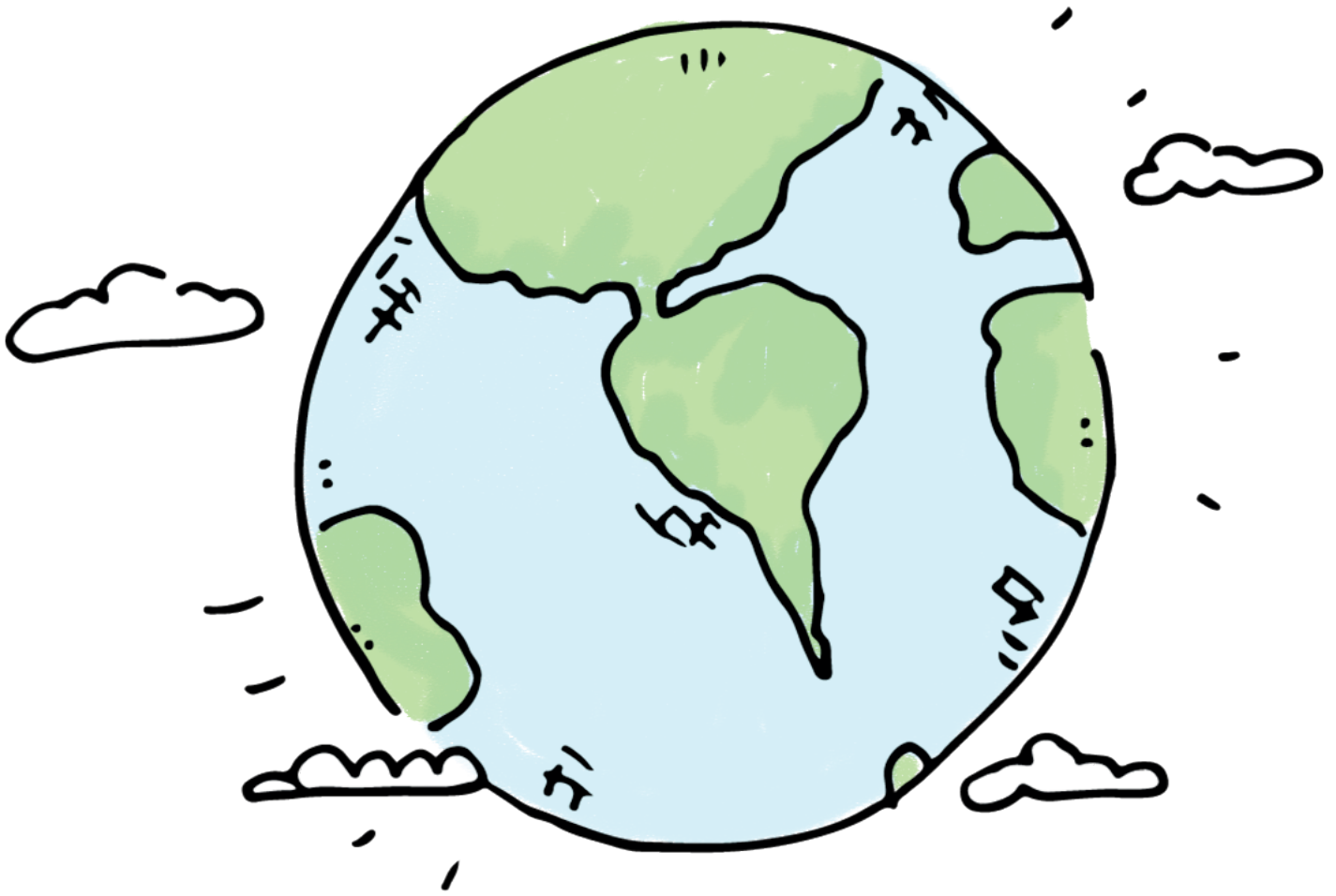
♥ Learn to compost:

Organic waste is produced by food preparation activities such as gathering the peelings of vegetables and fruit, and remnants from gardens, such as branches, grass, roots, flowers and stems. This organic waste can be recycled by a composting treatment that will finally produce a natural fertilizer to integrate into the soil and provide it with nutrients. Find your compost bin!

♥ Eat plants. Plant trees.

Endorse the www.PlantBasedTreaty.org

By endorsing, you can help apply pressure on national governments to negotiate a global Plant Based Treaty as a companion to the Paris Accords, and put switching towards a plant-based food system at the forefront of climate solutions. Also, you can be part of the solution by planting trees in your community. Choose the species that can adapt and survive the climatic conditions of your habitat. Then, plant more trees in shared spaces.



♥ **Build ecological bricks:**

Ecobricks consists of plastic bottles of less than 3 liters filled with any plastic waste and aluminum foil. Compact the material inside the bottle. Make sure the waste we put in the bottle is clean and dry. DO NOT use organic waste OR batteries. Once finished, it can be used as an acoustic, thermal and anti-seismic insulator. Unlike recycled products, Ecobricks do not recycle products but instead reuses them. Use them to make furniture, garden walls, or donate them to houses or community centers.

♥ **Documentaries:**

Gather your friends and family to share the seed of consciousness. You can watch: Earthings, What The Health, Cowspiracy, Dairy is Scary, End Game 2050, Dominion, Seaspiracy, The Last Pig, The Game Changers, and Breaking Boundaries.

OVERCOMING
BARRIERS
**OVERCOMING
BARRIERS**
OVERCOMING
BARRIERS

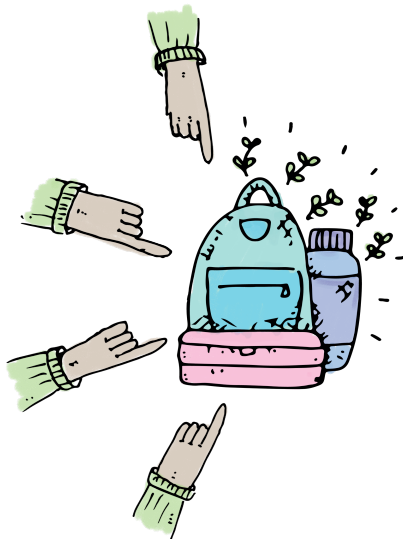


WITH SOCIAL PRESSURE ^[ii]

✧ "Let them choose" "Let them decide to be vegan and vegetarian when they grow up" ... Are common arguments against raising a vegan child.

But if we think about this, when did you choose to eat the food that you do?

✧ Do we think we really choose or are our "choices" established for us? And at the same time, do we reproduce specific patterns of a socio-historical-cultural context?

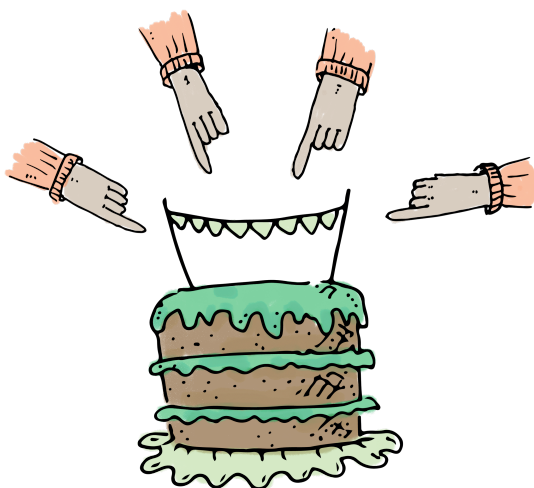


WITH SCHOOL LUNCH

✧ Prepare lunch for your child to take to school.

It can also be leftovers from the day before. Include several healthy snacks.

✧ If you are an advocate, support the school in its efforts to promote physical education and healthier lunches in the cafeteria.



WITH BIRTHDAYS

✧ We recommend asking the host first what food will be provided for the birthday party and preparing the same option (or another) in a vegan version. You can inform the host you will be bringing a vegan dish. You can even prepare a dish to share!

✧ We recommend a whole food diet and to minimize processed vegan food (sausages, burgers, cold cuts) as they are less healthy. However, processed vegan foods can be a good option when making the transition to a plant-based diet and as part of a balanced vegan diet.



TIPS BEFORE STARTING TO COOK^[xii]:

- 👉 Choose seasonal foods since they are cheaper and have more nutrients because they are not stored for long periods of time.
- 👉 Try to buy local, organic, foods that are free of pesticides.
- 👉 Allow cooked foods to cool before storing it in containers and freezing.
- 👉 Defrost only what you are going to eat from frozen portions. Do not freeze and unfreeze food more than once.

RECIPIES

👉 Identify three or four vegan recipes that your family enjoys eating.

👉 Experience and try new foods, recipes and places to eat.

Lunches & dinners

TURKISH LENTIL BURGERS

(suitable < 1 year)



- 250 g TURKISH lentils (raw)
- 1 red onion
- 2-3 medium carrots
- 3 tablespoons of breadcrumbs or cornmeal (gf / celiacs)
- 1 tablespoon of extra virgin olive oil
- 1 clove garlic
- Fresh parsley

Turkish lentils do not need soaking; cook them in water until they become soft (approximately 15 minutes)

Sauté the garlic and the diced onion with the oil. After a few minutes, add the grated carrot and let it continue cooking until it softens. Add the well-drained lentils and the seasonings, and mix them well. Once off the heat, add the chopped parsley and the breadcrumbs. Let the mixture cool down. Give shape to the burgers.

QUINOA PIZZA

- 150 g of quinoa
- 1 teaspoon of balsamic vinegar
- Salt, pepper, oregano
- Vegetables of your choice

Wash the quinoa with water at least 5 times and drain it until no more foam comes out. Next, boil water (1 part quinoa to 2 parts water) and cook it.

Process the quinoa with vinegar and seasonings. Spread the mixture on a pizza maker with a bit of oil, shaping it with your hands. Bake the pizza for 10 to 15 minutes until done. Add your favourite vegetables and serve.

FAINÁ

- 250 g of chickpea flour
- 3 tablespoons of olive oil
- 650 ml of cold water
- Salt and black pepper to taste

Add the flour with the oil and add the water little by little. Stir constantly. Add the salt and pepper and let it rest for an hour. Heat the oven to 180 degrees and place the preparation in a previously oiled roasting pan. Cook for 10 minutes or until it becomes colored and fluffy. Let it cool and cut it into slices.



LENTIL MEATBALLS

- 500 g of soaked lentils
- 4 tablespoons of wheat germ
- 2 tablespoons of cornstarch
- 1 teaspoon of paprika
- 1 teaspoon of ground chili
- Salt (scant)
- 3 tablespoons of breadcrumbs

Wash the lentils and cook them until tender, for approximately one and a half hours. Drain and process until a dough is formed. Add the other ingredients. Assemble the meatballs with the palms of your hand and place them on an oven plate. If the mixture is too soft, add a little more starch. Cook until they are browned and, serve with tomato sauce.

QUINOA AND BROCCOLI SNACKS (suitable < 1 year)

- 1 small head of broccoli and its stem
- 2 cups of cooked quinoa
- 1 tablespoon of olive oil,
- 1 tablespoon of nutritional yeast (optional)
- 2 tablespoons of quinoa flour (or chickpea flour or rice flour)
- 1/4 teaspoon of ground cumin

Peel the stem of the broccoli leaving only the center part, and cut it along with the top. Steam cook for about 5-7 minutes. Add the nutritional yeast, cumin, and garlic powder to the food processor. Mix it with the cooked quinoa and oil. Let cool and shape into small bites. Heat a tablespoon of olive oil in a frying pan over a medium heat. Cook the bites on both sides for about 6-8 minutes until done.





PUREE CARROTS, LENTILS AND TOFU

(suitable <1 year)

- 1/2 cup of finely chopped onion
- 1 teaspoon of vegetable oil
- 2 tablespoons of lentils
- 3 medium, peeled and diced carrots
- 1 1/2 cups of boiling water
- 1 tablespoon of oil
- 2 tomatoes peeled, seeded, and chopped into large cubes
- 1/4 cup diced tofu

In a hot frying pan, add the vegetable oil and the onion until it becomes translucent (3-4 minutes).

Rinse the lentils, drain all the water and add to the onion. Add the carrots and the boiling water. Increase the heat until it boils, cover and cook over medium heat for 25 minutes, add the tomatoes until they become soft, add the oil and tofu. Pour the carrot and lentil mixture and preserve the liquid where you cooked them. In a food processor, combine the carrot and lentil mixture with 1/2 cup of the juice where you cooked it with the tomato mixture and make a smooth consistency of puree.

LEGUMES AND QUINOA CROQUETTES

- 250 g or 1 cup of quinoa
- 2 tablespoons of chickpea flour
- 1 bunch of spinach or swiss chard
- 3 spring onions
- Fresh basil leaves
- 1 garlic clove
- Nutmeg
- Breadcrumbs
- 1 tablespoon of oil
- 2 tablespoons of chia hydrated for at least 30 minutes

Wash the quinoa with water at least 5 times and drain it until no more foam comes out. Next, boil water (1 part quinoa to 2 parts water) and cook it. Wash the spinach and steam cook for a couple of minutes. Pour, cool and squeeze to remove the water, and chop. Wash, chop and saute the green onion with a teaspoon of oil. Turn off the heat and add the minced garlic clove. Mix the cooked quinoa, the spinach and the sauteed onion in a bowl. Add the chickpea flour, nutmeg, chopped basil, and the hydrated chia. Leave it in the refrigerator until it becomes cold. Shape small croquettes, roll them in breadcrumbs and bake them over moderate-high heat in an

Cheeses & milks

ALMOND RICOTTA

- 2 cups of almonds
- 1 cup of water

Soak the almonds in plenty of water for 8-12 hours. If you want very white ricotta, remove the brown skin from the almonds. Drain the soaking water, place the almonds in the blender, add 1 cup of fresh water and salt to taste. Crush everything until obtaining an even grainy consistency (without reaching a creamy texture).



SOY CREAM CHEESE

- 1 block of compact tofu (400g/500g)
- 2 tablespoons of lemon juice
- 1 cup of unsweetened non-dairy milk
- 1 tablespoon of apple cider vinegar
- 1/2 teaspoon of salt
- 4/5 tablespoons of neutral oil (sunflower, soy, corn)

Place the diced tofu in the blender. Add the non-dairy milk, lemon juice, vinegar and salt. Crush, adding the oil little by little until the mixture becomes creamy. If it is too dry, add more lemon juice or oil (do not use water). Use as a spread on toast, with fruit or with salty dishes.

(Rice milk is not recommended before age 5.)



COCONUT MILK

- 2 cups of grated coconut
- 2 cups of boiling water
- 2 cups of cold water

Place the grated coconut in the blender, add the boiling water and cover it. Leave it to chill and rest for 10 minutes. Blend for 3 to 5 minutes, add the cold water in two steps and continue blending for a few more minutes. Without letting it cool completely, filter it to extract as much of the coconut as possible and make it creamy. Store in a clean bottle in the refrigerator for at least 3 to 4 days.

SOY MILK

- 1/2 cup of soybeans
- 1 liter of water



Soak the beans in plenty of water for about 12 hours. Strain and rinse well. Boil water and cook them until tender. Strain the beans, add cold water to a cooking pot and scrub them with your hands to loosen their shells and remove. Strain the beans again and blend them with 1 liter of water for at least 2 minutes. The mixture should become a fine pulp. Strain the pulp with a mesh bag for vegetable milks or a strainer lined with a clean canvas. Squeeze the pulp to extract as much liquid as possible, which will become the soymilk. Store in a clean bottle in the refrigerator for at least 3 to 4 days.

Breakfasts and snacks

BLACK BEANS BROWNIE

- 1 and ½ cups of soaked black beans
- ½ cup of rolled or instant oatmeal
- ¼ teaspoon of salt
- 75 g of sugar
- 1 cup of oil
- 2 teaspoons of vanilla essence
- ½ teaspoon of baking powder
- 100 ml of water
- 50 g of chocolate
- Optional: nuts, almonds, or dried fruit

Line a roasting pan with oil and place it in the freezer for at least half an hour. Boil the beans in water until tender. Strain, drain, and process or blend, adding the oil, water and vanilla essence, until you obtain a creamy consistency. In a bowl, mix the creamed mixture with the sugar, the melted chocolate, the oats, the baking powder, and the salt. You can optionally add walnuts. Put the mixture in the roasting pan with oil or butter paper and cook in the oven at moderate-high temperature for about 15 minutes. It will be cooked when you insert a toothpick into the dough, and it comes out dry and clean.



CHIA VEGAN PUDDING

- 4 tablespoons of chia seeds (40 g approximately)
- 150 ml of non-dairy milk
- 1 tablespoon of cocoa powder
- 1 tablespoon of sweetener (for example, agave syrup, dates)
- 1 banana

Mix the chia seeds with the cocoa powder in a bowl. Add the non-dairy milk little by little while stirring with a spoon. Store in the refrigerator for 2 to 4 hours. Pour into glasses to see the layers and top with banana slices.



LENTIL AND COCOA MUFFINS

- 2 cups of lentils cooked in unsalted water
- 2 cups of whole sugar
- 1 large, ripe banana
- 2 tablespoons of vanilla essence
- 3/4 cup of oil
- 1 peeled apple
- 1/2 cup of water
- 2 and 1/2 cups of superfine whole wheat flour
- 3 tablespoons of baking powder
- 1/4 teaspoon of salt
- 1 teaspoon of baking soda
- 1/2 cup of unsweetened bitter cocoa powder



Boil 1 and 1/2 cups of lentils until tender. Drain and let cool. Turn the oven on low. Line the muffin tray with paper liners or oil and sprinkle with flour.

Measure 2 cups of cooked lentils and add them to the blender along with the peeled diced apple, the water, the diced banana, sugar, the vanilla essence, and the oil. Blend for 3 minutes until a creamy consistency is formed. Pour the mixture and add the dry ingredients, mixing as little as possible with a wire whisk or spatula, just enough to mix all the ingredients. Fill the muffin liners and bake for 25 minutes at a moderate temperature.

FRUIT SMOOTHIE



- 400 g of well-cooked white beans
 - 1 1/2 cup of orange juice
 - 1 1/2 cup of strawberries
 - Ice cubes c/n
 - 1 tablespoon of sweetener: whole sugar or dates
- Blend the ingredients entirely and serve very cold.

VEGAN PANCAKES

- 1 cup of whole wheat flour
- 2 tablespoons of whole sugar
- 2 teaspoons of baking powder
- 1/4 teaspoon of salt
- 3/4 cups of vegetable milk
- 1 flax egg (2 tablespoons of ground flax seed + 4 of water)
- 1 tablespoon of oil
- 1 teaspoon of vanilla extract (optional)



Mix the dry ingredients (the flour, sugar, yeast, and salt) in a bowl.

Add the liquid ingredients (the milk, the egg, oil, and vanilla extract) and mix until obtaining an even dough. Let the dough rest for 5-10 minutes before using it.

Place a drop of oil in a frying pan and spread with a paper napkin. When the frying pan is hot, drop 1/4 cup (or 4 tablespoons) of the dough and let the pancake cook for about 2 minutes on each side. Serve with fruit or peanut butter.

- 2 medium and ripe bananas
- 1 cup of rolled oats
- 1 teaspoon of vanilla essence
- 1 date



OATMEAL AND BANANA PANCAKES

Place 1 cup of oatmeal in a bowl along with 1 cup of warm water to cover it. Let it rest for 15 to 20 minutes. Place all the After letting it rest, place all the ingredients in the blender: sweeten to taste with oats, banana, vanilla essence, and cinnamon.

Blend everything until you get a thick cream, not liquid. If you notice that the mixture is dry, you can add a bit of water. In a frying pan, add coconut oil and turn the heat to medium. With the help of a large spoon, add the mixture to the pan.

**“One day our grandchildren will ask us:
Where were you during the animal holocaust?
What did you do to combat these horrible crimes?
We will not be able to offer the same excuse twice,
to say that we did not know.”**

-HELMUT KAPLAN

HEALTH SAVE MOVEMENT



Activists for a healthy vegan diet, social justice and animal rights.

If you have any questions, you want more information about healthy eating, you would like to know about our campaigns, collaborate or join as a volunteer, contact us:

 @healthsaveargentina

 thesavemovement.org/health-save-movement

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