

At present more often with

An alternative approach to nutrition . These guidelines also include vegetarianism and its forms , which includes veganism . vegans , strict vegetarians , refuse to consume foods of animal roots, meat, milk , eggs and sometimes even honey . still are often brought up in the spirit of vegan children also , for that this way of life chosen by their parents. Children organism is However, much more sensitive to the lack of essential nutrients , vitamins and mineral látak than adult organism , so a diet that its composition does not respect the needs of children , can not be recommended.

Generally , the more the diet more restiktivní to certain groups of foods , the more necessary attention when planning to ensure an adequate supply all important substances . Vegetarians , especially its extreme forms , however, are often also a philosophy of life or are associated with religious beliefs , so talk thus minded parents , given that the Board is not appropriate for their child , it is often extremely difficult task . Often these people also refuse vitamin supplements or other "artificial" prepared products , or refused medical assistance as such . In all these cases may be significantly jeopardized the health of children .