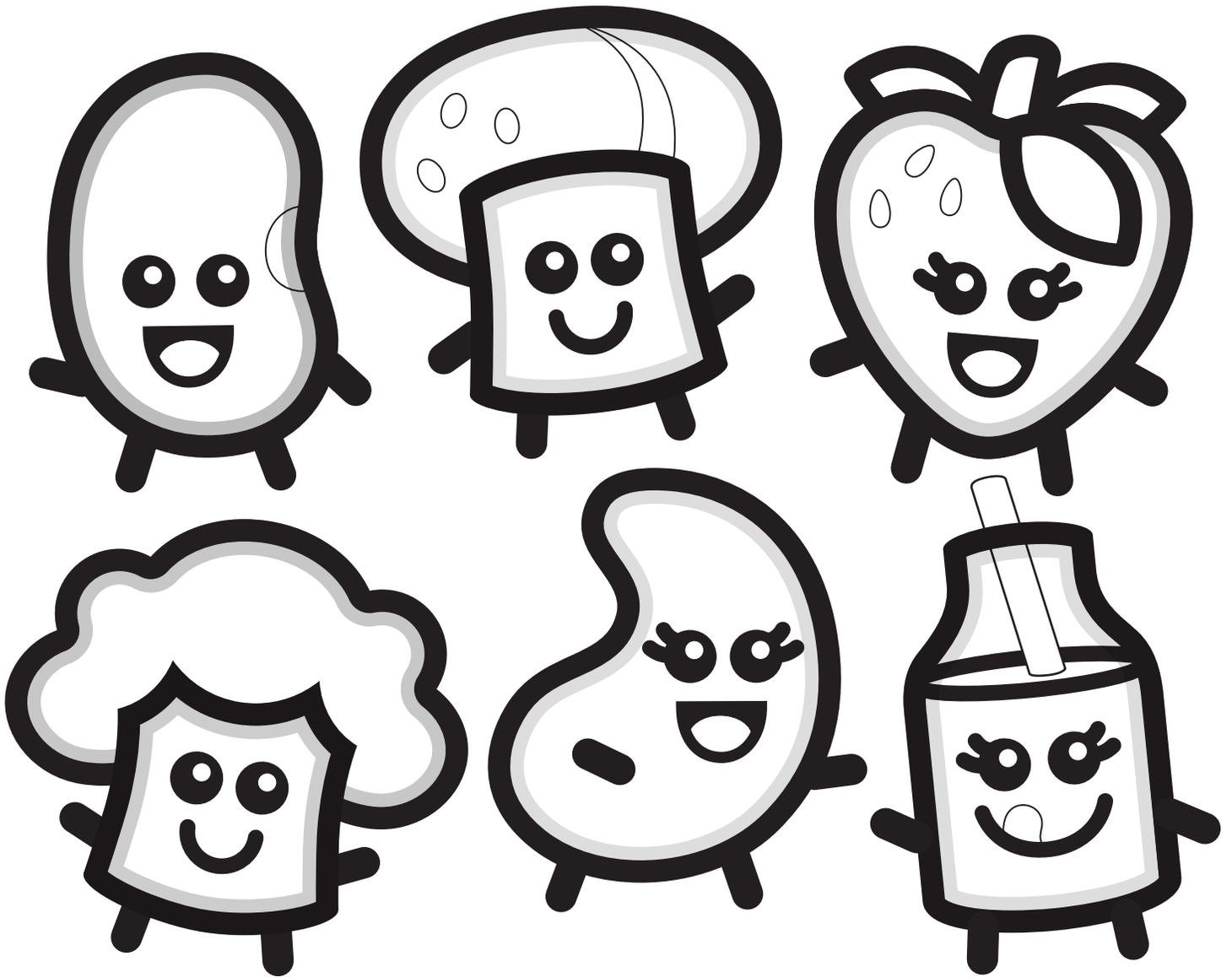


# Plant Power

## A Nutrition Guide for Healthy Kids



### PROTEIN

Black beans  
Tofu  
Veggie burgers  
Peanut butter  
Wheat bread

### VITAMIN D

Mushrooms  
Fortified juices  
Fortified nondairy yogurts  
Hemp seeds  
Supplements

### FIBER

Strawberries  
Artichokes  
Peas  
Asparagus  
Lentils

### CALCIUM

Broccoli  
Almonds  
Bok choy  
Tempeh  
Collard greens

### IRON

Chickpeas  
Spinach  
Soybeans  
Quinoa  
Cashews

### B12

Fortified nondairy milk  
Fortified cereals  
Fortified vegan meats  
Fortified nutritional yeast  
Supplements

Learn more about eating vegan at [PETAkids.com](http://PETAkids.com). **PETAkids**