



What, No Meat?!: What to Do When Your Kid Becomes a Vegetarian

Debra Poneman, Emily Anderson Greene

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Mom and Dad, I've decided to become a vegetarian. What, No Meat?! is written for the concerned and bewildered parent who needs help understanding and feeding a child who has decided to give up meat. Parents today are already overwrought trying to balance kids, careers, bills, exercise, their own aging parents, and everything else. No wonder they feel that having to learn to cook and shop in a whole new "vegetarian way" just might drive them over the edge. What, No Meat?! is written for the harried parent who is willing to make the effort to accommodate their child's choice, but wants the whole thing to be as simple and effortless as possible. The book offers simple, sound facts that will allay parental fears about nutritional deficiencies in a child's vegetarian diet from sources that parents trust, like the American Dietetic Association, American Heart Association, and American Council on Nutrition. It also includes easy recipes to help make the transition as trouble-free (and tasty) as possible. And yes, you can still go out to dinner! Yes, you can still go to Grandma's house for Thanksgiving! This book tells you how. Most importantly, this book shows you how to support your child's transition to a vegetarian diet in a way that is harmonious, and maybe even fun.

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