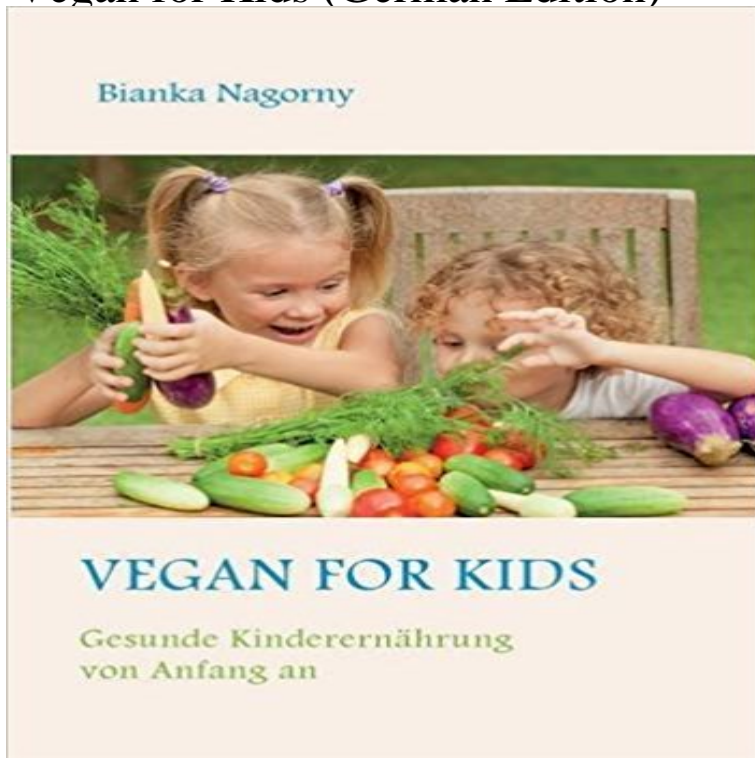


Vegan for Kids (German Edition)



Vegan for Kids ist ein Buch, das praxiserprobt und alltagstauglich von einer veganen Mutter für Mutter und Vater geschrieben wurde. Sorgfältig recherchierte Fakten und Studien zur veganen Kinderernährung bilden gemeinsam mit einfach umsetzbaren Rezepten den Kern dieses Buches. Dieser Ernährungsratgeber, der Sach- und Kochbuch zugleich ist, bietet neben Überlegungen zu dem veganen Kind in unserer Gesellschaft auch allgemeine Tipps zur veganen Ernährung, eine kritische Betrachtung über ihre Vor- und Nachteile, einen Überblick über Vitamine, Mineralstoffe und Spurenelemente, potenziell kritische Nährstoffe und natürlich viele Rezepte für den täglichen Gebrauch zur gesunden Ernährung eines Kindes. Vor allem aber zeigt dieses informative Buch, dass eine vegane Ernährung von Kindern sehr empfehlenswert ist, wenn man sich an den Grundsätzen einer ausgewogenen und gesunden Ernährung orientiert. Dieses liebevoll verfasste Werk erläutert den LeserInnen auf gut verständliche Weise, worauf es in der veganen Kinderernährung ankommt und ist ganz einfach im Alltag umzusetzen. Die Autorin beschreibt auf erfrischende Art und Weise ihre positiven Erfahrungen als vegan lebende Mutter und erläutert anhand von praktischen Beispielen, wie sehr eine ganze Familie von dieser Ernährungsform profitieren kann. Bianka Nagorny macht Lust darauf, über den Tellerrand der konventionellen Ernährung zu schauen und sich mit Begeisterung und Vertrauen auf die Vielfalt der veganen Kinderernährung einzulassen.

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