



Genre: **handbook/fiction**

Territory: **world**



RAISING VEGETARIAN CHILDREN

Most people believe that from the moment they are born up to their 18th birthday it is essential for children to eat plenty of meat, eggs and dairy products, to guarantee their full physical and mental development. Is this assumption really true?

In this book he explains how it is not only acceptable, but even advisable to raise vegetarian children.

A vegetarian diet is fully **compatible with the nutritional needs** of a child and research has shown that vegetarian children tend to be healthier and to develop more regularly than omnivorous children. The book also aims at highlighting the positive psychological impact that the choice of vegetarianism can have on a child, who is raised learning to respect other creatures as well as the environment.

The author -----

Luciano Proietti is a paediatrician and a father of three, who has been carrying out research in this field since the 1970s, when he started collecting data on vegetarian children for the Auxology Pediatric Centre of the University of Turin.

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