

Vegan and Vegetarian Resources

Websites/Links

Vegetarian society:(www.vegsoc.org)

- [Click](#) for a printable magazine on cooking and shopping for a vegetarian diet.
- [Click](#) for a parent's guide on what to do when your child is starting a vegetarian diet.

Dietitians of Canada: (<https://www.dietitians.ca>)

- [Click](#) for a guide on what nutrients you might be missing in a vegan/vegetarian diet.

Vegetarian nutrition:(www.vegetariannutrition.net)

- [Click](#) for an overview of a vegan/vegetarian diets in adolescents.
- [Click](#) for an overview of a vegan/vegetarian diets for school-aged children.
- [Click](#) for an overview of iron deficiency and sources of iron in a vegan/vegetarian diet.

Apps

FOOD MONSTER
Vegan and Vegetarian Recipes



VEGGITABLE
Vegan Recipes



WHOLESOME
Find foods containing specific nutrients

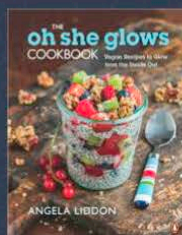


Cook Books

Oh She Glows

by Angela Liddon.

- Vegan Recipes



Plant-Powered Families

by Doreen Burton.

- Over 100 Kid-Tested, Whole-Foods Vegan Recipes

White Water Cooks

by Shelley Adams

- Fresh Vegetarian and Vegan Recipes



Blogs



Debbie Dishes

(www.dietitiandebbie.com)

- Dietitian providing nutrition information and vegetarian/vegan recipes.

Desiree Neilson

(www.desireerd.com)

- Dietitian providing nutrition information and vegetarian/vegan recipes.



Angela Liddon

(www.ohsheglows.com)

- Food blogger and recipe developer providing vegetarian/vegan recipes.