

(except with the strictest diets), but it requires careful planning and knowledge of nutrient sources ([American Academy of Pediatrics, Committee on Nutrition, 2014](#)). For children, the lacto-ovo vegetarian diet is nutritionally adequate; however, the vegan diet requires supplementation with vitamins D and B₁₂ for children 2 to 12 years old.

To ensure sufficient protein in the diet, foods with incomplete proteins (those that do not have all the essential amino acids) must be eaten at the same meal with other foods that supply the missing amino acids. The three basic combinations of foods consumed by vegetarians that generally provide the appropriate amounts of essential amino acids are:

1. Grains (cereal, rice, pasta) and legumes (beans, peas, lentils, peanuts)
2. Grains and milk products (milk, cheese, yogurt)
3. Seeds (sesame, sunflower) and legumes

Additional dietary considerations for young children are found in [Chapter 12](#).

Complementary and Alternative Medicine

There are four **complementary and alternative medicine (CAM)** domains according to the National Center for Complementary and Integrative Health; this discussion centers only on one of those—biologically based practices, which include herbs, vitamins, and foods. The [National Center for Complementary and Integrative Health \(2014\)](#) classifies **probiotics** as a type of natural product and CAM. Many CAM products are sold over the counter as dietary supplements, but the use of some dietary supplements such as calcium for bone health or a multivitamin supplement are not considered to be CAM ([National Center for Complementary and Integrative Health, 2014](#)). The [National Center for Complementary and Integrative Health \(2014\)](#) reports that natural products are the most commonly used CAM products in children and most often these products are used for chronic conditions (such as, neck and back pain) and for head and chest colds. Other surveys confirm that