

containing 400 IU of vitamin D (by tablet or liquid) are adequate if food intake is poor or exposure to sunlight is minimal; vitamin D-only preparations containing 400 IU are also available commercially. Sources of vitamin D include fish, fish oils, and egg yolks. Fortified cereals, dairy products, and meat are also good sources of zinc and vitamin E.

It is also recommended that toddlers have 1 cup of fruit each day. Vitamin C enhances iron absorption. Toddlers should consume approximately 4 to 6 ounces of juice per day. It tastes good to toddlers and is readily available. A 6-ounce glass of fruit juice equals one fruit serving; however, juices lack the fiber of whole fruit and should not be a substitution for whole fruit. High intake of juice can contribute to diarrhea, overnutrition or undernutrition, and the development of caries; thus, only 4 to 6 ounces of 100% fruit juice per day is recommended for toddlers ([American Academy of Pediatrics, Committee on Nutrition, 2014](#)). Fruit-flavored drinks advertised as juices may not actually contain 100% juice and should be avoided.

Vegetarian Diets

Vegetarian diets have become increasingly popular in the United States because people are concerned about hypertension; cholesterol; obesity; cardiovascular disease; cancer of the stomach, intestine, and colon; and the influence of the animal rights movement. The American Dietetic Association issued a statement endorsing vegetarian diets for adults and children ([Craig, Mangels, and American Dietetic Association, 2009](#)); the statement further notes that well-planned vegetarian diets are adequate for all stages of the life cycle and promote normal growth. Children and adolescents on vegetarian diets have the potential for lifelong healthy diets and have been shown to have lower intakes of cholesterol, saturated fat, and total fat and higher intakes of fruits, fiber, and vegetables than non-vegetarians ([Craig, Mangels, and American Dietetic Association, 2009](#)).

The major types of vegetarianism are:

Lacto-ovo vegetarians, who exclude meat from their diet but consume dairy products and rarely fish