

Reference List

Plant-Based Juniors: Strategies for Meeting the Needs of Vegan and Vegetarian Children
by Alexandra Caspero, MA, RD, CLT, RYT

References:

1. Amit M. Vegetarian diets in children and adolescents. *Paediatr Child Health*. 2010;15(5):303-314.
2. Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. *Perm J*. 2013;17(2):61-66.
3. Schürmann S, Kersting M, Alexy U. Vegetarian diets in children: a systemic review. *Eur J Nutr*. 2017;56(5):1797-1817.
4. Pawlak R, Bell K. Iron status of vegetarian children: a review of literature. *Ann Nutr Metab*. 2017;70(2):88-99.
5. Morency ME, Birken CS, Lebovic G, et al. Association between noncow milk beverage consumption and childhood height. *Am J Clin Nutr*. 2017;106(2):597-602.
6. Strom BL, Schinnar R, Ziegler EE, et al. Exposure to soy-based formula in infancy and endocrinological and reproductive outcomes in young adulthood. *JAMA*. 2001;286(7):807-814.
7. Korde LA, Wu AH, Fears T, et al. Childhood soy intake and breast cancer risk in Asian American women. *Cancer Epidemiol Biomarkers Prev*. 2009;18(4):1050-1059.
8. Young VR, Pellett PL. Plant proteins in relation to human protein and amino acid nutrition. *Am J Clin Nutr*. 1994;59(5 Suppl):1203S-1212S.
9. Bose-O'Reilly S, McCarty KM, Steckling N, Lettmeier B. Mercury exposure and children's health. *Curr Probl Pediatr Adolesc Health Care*. 2010;40(8):186-215.
10. Dioxins and their effects on human health. World Health Organization website. <https://www.who.int/news-room/fact-sheets/detail/dioxins-and-their-effects-on-human-health>. Published October 4, 2016.
11. Arterburn LM, Oken HA, Hoffman JP, et al. Bioequivalence of docosahexaenoic acid from different algal oils in capsules and in a DHA-fortified food. *Lipids*. 2007;42(11):1011-1024.
12. Carlson SE, Colombo J, Gajewski BJ, et al. DHA supplementation and pregnancy outcomes. *Am J Clin Nutr*. 2013;97(4):808-815.
13. Rogers LK, Valentine CJ, Keim SA. DHA supplementation: current implications in pregnancy and childhood. *Pharmacol Res*. 2013;70(1):13-19.
14. Luo Y, Xie W. Effect of soaking and sprouting on iron and zinc availability in green and white faba bean (*Vicia faba* L.). *J Food Sci Technol*. 2014;51(12):3970-3976.
15. Hallberg L, Brune M, Rossander L. The role of vitamin C in iron absorption. *Int J Vitam Nutr Res Suppl*. 1989;30:103-108.
16. Caudill MA, Strupp BJ, Muscalu L, Nevins JEH, Canfield RL. Maternal choline supplementation during the third trimester of pregnancy improves infant information processing speed: a randomized, double-blind, controlled feeding study. *FASEB J*. 2018;32(4):2172-2180.
17. Institute of Medicine, Food and Nutrition Board. Dietary Reference Intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin, and choline. <https://www.nap.edu/read/6015/chapter/1>. Published 1998.