



Vegane Ernährung bei Säuglingen und Kindern (German Edition)

Lisa Rubner

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Masterarbeit aus dem Jahr 2013 im Fachbereich Biologie - Krankheiten, Gesundheit, Ernährung, Note: 2,0, Technische Universität Dortmund (Fakultät Chemie - Fachgruppe Didaktik der Biologie), Sprache: Deutsch, Abstract: Wie gesund ist eine vegane Ernährung? Eine derartige Einschränkung in der Lebensmittelauswahl birgt die Gefahr einer marginalen oder auch zu geringen Zufuhr wichtiger Nährstoffe. Eine falsch zusammengestellte und nicht abwechslungsreiche Ernährung kann gesundheitliche Probleme zur Folge haben. Dies betrifft jedoch nicht nur Veganer, sondern auch Omnivore. Allerdings erfordert besonders die vegane Ernährung, aufgrund der starken Einschränkung in der Lebensmittelauswahl, fundierte Kenntnisse und einen bewussten Umgang, insbesondere dann, wenn es um die Ernährung von Säuglingen und Kleinkindern geht.

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