

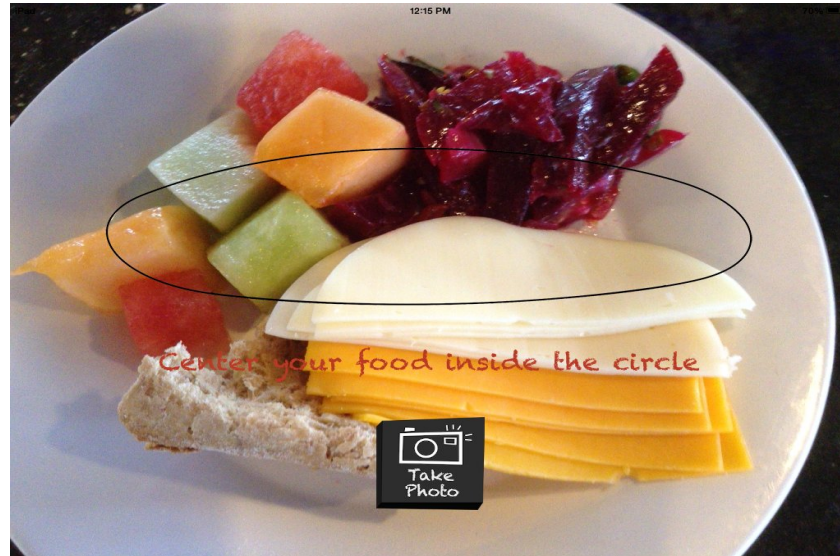
# TINY TASTES EXAMPLE:

## FOR CHILDREN AIMING FOR A BALANCED VEGETARIAN DIET

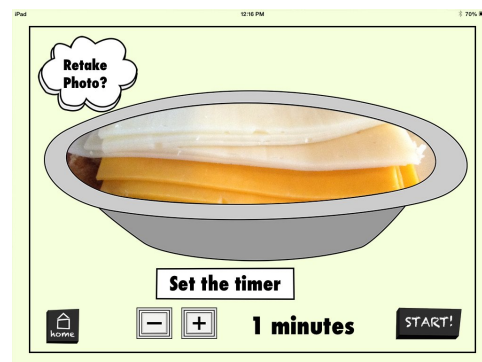
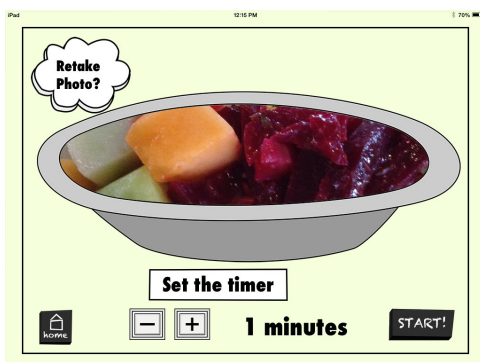


A vegetarian diet can be very healthy & balanced, or it may not actually be a balanced diet at all if you have a super-starch-eater! Some children who are vegetarians won't even go near vegetables... while others may have a very low variety of vegetarian protein foods that they like. Whatever nutrition goal is recommended by your medical professional for a more balanced variety, Tiny can help provide a positive and inspirational food experience.

### Example meal:



If your child struggles more with eating fruits & vegetables, focus on those when you "feed Tiny"



If your child struggles more to include some vegetarian proteins, focus there when you "feed Tiny"

\*If a child needs help eating their meals or snacks in a timely fashion, you can use the timer to pace a child's intake if that is helpful for them to stay on track with the time goal you've set to eat along with Tiny; or you can hide it if you'd rather. Children are inspired to eat with Tiny as her plate empties! Whenever the child is full it is fine for them to stop – there is no need to finish it all.