

Vegetarian Food For Healthy Kids Over 100 Quick And Easy Nutrient Packed Recipes

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Vegetarian Food For Healthy Kids

Schools are increasingly becoming nut-free zones. Nut allergy or not, here are the best vegan and nut-free snacks for kids.

16 Vegan and Nut-Free Snacks for Kids

Vegetarian diets are healthy for kids, as long as they get key nutrients needed to grow healthy and strong. This can take some extra planning at mealtime, though. Vegetarian diets are becoming more ...

Is it healthy for kids to be vegetarians?

Despite a steady stream of advances regarding schools getting vegan options on lunch menus, it's still a slow-moving effort.

Great vegan food is everywhere — except in America's public schools. Healthy-lunch advocates explain why.

Here are a few things you should know about the best plant-based protein alternatives for kids. Based on extensive research, it's been proven that kids who incorporate plant-based foods into their ...

Best plant-based snacks for kids

Seinfeld recently joined us on "Salon Talks" to talk about shaking up the family dinner plate, and why she doesn't believe in "guilty pleasures." Watch the episode here, or read a Q&A of our ...

Jessica Seinfeld on being a part-time vegan: "If I can do it, anyone can do it"

Jessica Seinfeld thought she was done with cookbooks. After the success of Food Swings: 125+ Recipes to Enjoy Your Life of Virtue & Vice, her collection of sometimes healthy, sometimes indulgent ...

Jessica Seinfeld's Cauliflower Rice and Beans Is Easy Vegan Comfort Food

"The focus should be what you're incorporating in your diet and not necessarily what you're taking out." It's time to start loving those veggies. The American Heart Association says new research links ...

Plant-based diet leading to better heart health

FEEL FOODS LTD. ("Feel Foods") announced today it is developing plant-based eggs and bacon products and will be launching them shortly. Traditional breakfast segments of the plant-based foods sector ...

Feel Foods to Launch 'Breakfast' of Plant-Based 'Eggs and Bacon' Products

A team of Portuguese scientists plan to use algae to develop new techniques for cultivating fish fillets from seabass cells.

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Using algae to make cell-based seabass fillets: 'We anticipate that cultured fish can have increased health benefits'

A mom of three has turned to Reddit's 'Am I the A***hole' forum following a dispute with her husband over their daughter's first birthday party. Specifically, she hopes to accommodate her child's egg ...

Internet Backs Mom for Hosting Vegan Children's Birthday Party in Viral Post

Gen Z has been no exception: though its youngest members are still in grade school, studies and op-eds have already begun making sweeping generalizations about the kids and young adults born between ...

Vegan Brands Are Swinging For Our Greatest Hope: Gen Z

With a short attention span and a million distractions all day long, there's no wonder why some kids need help staying focused.

Best ways to help your kid focus on their homework

You have to be inspired and wake up every day believing in what you do. Your customers need to be the driving force. You want to make sure that your customers are happy so that they keep coming back ...

Cooking Up A Healthy Business

South Bend resident Jasmine Bradley is on a mission to show people that it's possible to create tasty vegan alternatives to the foods they love.

South Bend woman promotes vegan alternatives to soul food staples

Equal parts buttery and brittle, Tate's Bake Shop cookies offer sweet proof that you can never be too rich or too thin, exactly what you'd expect from a treat born in the Hamptons. They also tell an a ...

Food critic tries new line of vegan cookies from Tate's Bake Shop

From a Portland company making seaweed-based burgers to a community center in Dexter serving vegan meals, the state's plant-based portfolio grew in 2021.

Bloom time: Vegan food options proliferate in Maine

Just a few years ago, getting a health insurer to approve specialty services such as a nutritionist or acupuncturist could be a battle. While coverage for mental health shifted with state parity laws, ...

What's covered under health insurance? How about massage therapy, chiropractic and Peloton?

Premium dog food sales continue to rise across the board as pet owners become more attuned to their pets' needs and the plethora of options at their fingertips. Retailers and manufacturers agree that ...

Is Your Sales Pitch for Premium Dog Food Targeting the Right Pet Owner?

C.C. Weaver, a local part-time baker who is a full-time doctor and mother of three young kids, will appear Thursday on the Food Network's Christmas Cookie Challenge. The show features five contestants ...

Quick Bites | Local baker to compete on Food Network's Christmas Cookie Challenge

This is the fourth report in The St. Louis American's presentation of "The Barren Mile: COVID19 and the fight against food apartheid," a national series, preceded by Pandemic pushes more ...

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