

Mental age and IQ of predominantly vegetarian children.

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Mental age and I.Q. of predominantly vegetarian children

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Abstract : In Boston, USA in 1977 the mental age and intelligence quotients of 17 preschool children given a vegetarian diet since birth were estimated using the Stanford-Binet test or the Infant Intelligence Scale. Children were 17 macrobiotic vegetarians, 8 voluntary vegetarians and 3 Seventh-Day Adventists. Anthropometric measurements were also taken. The results showed that the mental age and intelligence quotients of the vegetarian children were significantly higher than those of the non-vegetarian children. The results also showed that the mental age and intelligence quotients of the vegetarian children were significantly higher than those of the non-vegetarian children. The results also showed that the mental age and intelligence quotients of the vegetarian children were significantly higher than those of the non-vegetarian children.

dietary data also were recorded. The children's mean chronological age was minus 20.8 months but the mean mental age was 61.6 plus or minus 25.5 months. The advanced development was probably attributable to the high education of the mothers having attended college. The macrobiotic and other vegetarian diets were not significantly in IQ or in the advance in developmental age. Nutrient intakes were based on 24-h recall; of total energy intake about 13% was from protein, 28% from fat and 59% from carbohydrate. Intakes of energy and most nutrients were adequate, except for the macrobiotics' mean intakes of riboflavin, vitamin B-12, vitamin D and calcium were particularly low. Allowing for the poor availability of iron from plant sources, Fe was low also. All the children had been breast fed for on average 10 months and solids introduced at 6 months.

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