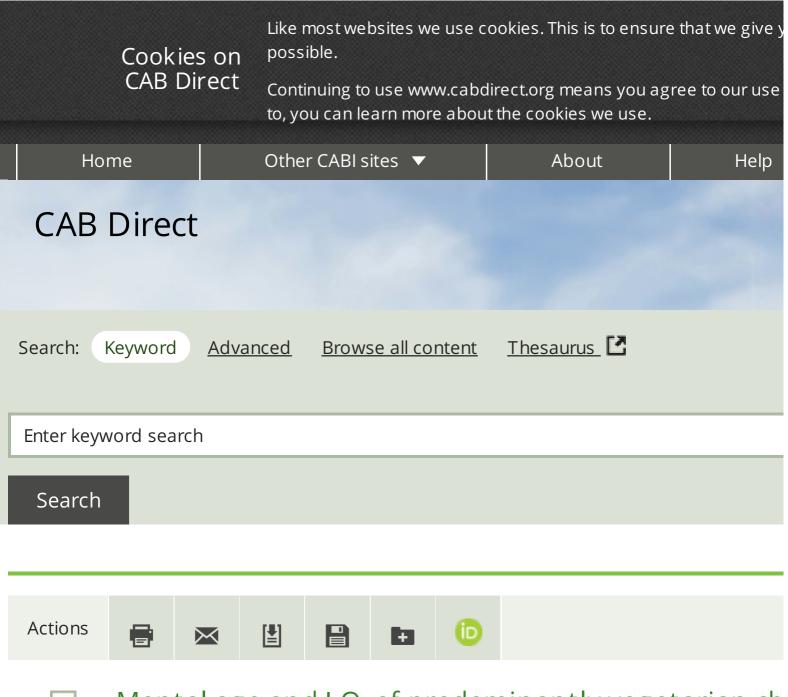
Mental age and IQ of predominantly vegetarian children.

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Abstract: In Boston, USA in 1977 the mental age and intelligence quotients preschool children given a vegetarian diet since birth were estimated using Infant Intelligence Scale or the Stanford-Binet test. Children were 17 macrob vegetarians, 8 voluntary vegetarians and 3 Seventh-Day Adventists. Anthro

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 n advanced development was probably attributable to the high education of t the mothers having attended college. The macrobiotic and other vegetariar significantly in IQ or in the advance in developmental age. Nutrient intakes w 24-h recall; of total energy intake about 13% was from protein, 28% from fa from carbohydrate. Intakes of energy and most nutrients were adequate, e macrobiotics' mean intakes of riboflavin, vitamin B-12, vitamin D and calcium 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 mor solids introduced at 6 months.

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