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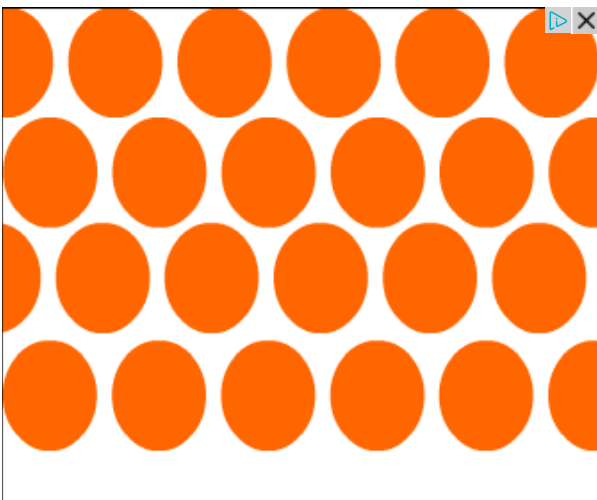


Children's intelligence can be affected by the mother's diet during pregnancy

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By Martin Gibbons, | Health | 0 Comments



In a five year study, researchers from NUTRIMENTHE project looked at a variety of factors that influence nutrition of a child before birth and in the early childhood. The study involved European families with small children. The researchers analyzed B-vitamins, folic acid, breast milk versus formula milk, iron, iodine and omega-3 fatty acids and their affects on young children before their birth

till they are nine years old.

The study found strong links between the diet of the mother during pregnancy and cognitive and behavioral development in the children later in life. For example, the study found that the women who took folic acid for the first three months of pregnancy bore children who had reduced chances of developing behavioral problems.

"It is important to try to have good nutrition during pregnancy and in the early life of the child and to include breastfeeding if possible, as such 'good nutrition' can have a positive effect on mental performance later in childhood" said the project leader Christina Campoy. "However, in the case of genetics, future studies should include research on genetic variation in mothers and children so that the optimum advice can be given. This area is relatively new and will be challenging!"

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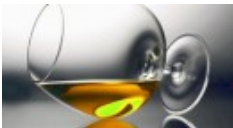
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