

The Value of Food at an Early Age.

Recent Quotations and research promoting the importance of Healthy Food for babies toddlers and young children.

ALSPAC STUDY - Leading researchers at Bristol University now agree that there is a direct link between the quality of a child's food, their health, longevity and their educational potential in later stages of development. Ref/Children of the 90's study.

<http://www.bristol.ac.uk/alspac/>

Dr Pauline Emmett senior nutritionist and dietician at Bristol University says:

"Having taken into account other factors that could affect performance, such as low family income, the link between a poor diet at three, and reduced academic performance is robust... Ref/ The Children of the 90s [ALSPAC] study

It is very important for children to eat a well-balanced diet from an early age if they are to get the best out of their education.

Dr Pauline Emmett

<http://www.bristol.ac.uk/news/2008/5849.html>

Healthy diet boosts childhood IQ

<http://www.bbc.co.uk/news/health-12381041>

The British Dietetic Association said more young parents needed to be educated about healthy eating. Poor nutrition may affect brain development. Eating chips, chocolate and cake may be damaging to a child's intelligence, according to researchers at Bristol University. Bristol University study suggests a link between a diet high in processed foods and a slightly lower IQ.

The eating habits of 3,966 children taking part in the The Avon Longitudinal Study of Parents and Children were recorded at the ages of three, four, seven and eight and a half.

The researchers said three types of diet emerged: Processed diets which were high in fat, sugar and convenience foods, traditional diets of meat, potato and vegetables, and health conscious diets of salads, fruit and fish. <http://www.bristol.ac.uk/alspac/>

Brain development

The researchers found a link between IQ and diet, even after taking into account other factors such as the mother's level of education, social class and duration of breast feeding.

A diet high in processed food at the age of three was linked to a slightly lower IQ at the age of eight and a half, suggesting early eating habits have a long term impact.

Dr Pauline Emmett, who carried out the study at Bristol University, said: "Brain development is much faster in early life, it's when it does most of its growing. It seems that what happens afterwards is less important."

Although the relationship between diet and IQ was very strong, the impact was quite small. Processed foods were linked with IQs only a few points lower.

Experts in the field said the results had confirmed common sense.

<http://www.bbc.co.uk/news/health-12381041>

Fiona Ford, spokesperson for the British Dietetic Association, said: "It's well worth looking at the long term impact of diets, everyone's familiar with the short term.

"The research confirms the type of advice we already know, but that's not always enough. Sometimes a society has to help a person change, we need to be educating more young parents about healthy eating." To read the full BBC article <http://www.bbc.co.uk/news/health-12381041>

Our National Obesity Crisis- With one in four children now entering school either over weight or obese we all share a responsibility to deliver and rolemodel healthy food.

Sir Liam Donaldson, the chief medical officer for England said it was no exaggeration to describe the soaring rates of obesity as "an impending crisis". He said "We need to get in early and build the foundations to healthy living from an early age.

Ref/Obesity 'set before age of five'

<http://news.bbc.co.uk/2/hi/health/7786229.stm>

Professor John Stein F.R.C.P. of Oxford University says:-

"There is now overwhelming evidence that infants' nutrition plays a very important part in optimal development of their brains".

When we asked him about the importance of healthy food for young children **David Cameron** (P.M.) said "I think that this is really important. We have a problem with diet in this country, and we have a problem with obesity; the best way to deal with these issues is to get children into healthy food at an early age.

"A child's health is dependent upon many factors, food, heredity, climate, hygiene, exercise - but FOOD is the most important of all of these."

Ref. Sir Robert McCarrison

Ref <http://www.mccarrisonsociety.org.uk/content/view/134/149/>