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Parent Diet Influences the Health of Future in Children

Akila M. Ramses

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Eating fish during pregnancy improves intellectual capacity of children and their social behavior
Children born to women who ate more fish during pregnancy score higher on tests of verbal intelligence; fine motor skills and better social behavior.
This is evident in the results of a study of Nutrimenthe project, coordinated by the University of Granada , published in the American Journal of Clinical Nutrition (January 2012) and directed by Professor Cristina Campoy Folgoso . The Nutrimenthe project, which ends in 2013, has been funded by the European Union and is evaluating about 25,000 children from different European countries to see if the intake of fatty acids has beneficial effects on brain training.

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