
Mother\'s junk food \'harms child\'

Posted by admin - 2008/07/01 21:44

Eating a poor diet when pregnant or breastfeeding may cause long-lasting health damage to the child animal studies suggest.
The offspring of rats fed fatty, processed food had high levels of fat in their bloodstream and around major organs even after adolescence.
Studies by the same team have already shown that rats whose mothers were fed junk food during pregnancy and breastfeeding were more likely to crave similar snacks themselves.

However, the new twist is that even when weaned off this diet themselves, the damage may already have been done, they suggest.

Source: bbc.co.uk Monday 30th June.

These findings are nothing new. We all know that having a healthy diet during pregnancy gives the best chance of having a healthy baby.

=====

Re:Mother\'s junk food \'harms child\'

Posted by beautyscientist - 2008/07/05 22:25

This is sort of obvious when you think about it. Anything that adversely affects you is bound to have the same effect on your child. To me it is just confirmation of just how bad junk food is. It is still a good bit of research though.

=====

Re:Mother\'s junk food \'harms child\'

Posted by admin - 2008/07/10 19:23

Yes, i agree. A bit of junk food now and again has never done any harm. But i say everything in moderation

=====