

## **Is being a Vegetarian Useful for a Child's Health: A Review**

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### ***Abstract***

***Objective:*** The aim of this review is to access both the negatives and positive of vegetarianism as it relates to children and also if it poses significant harm to their health.

***Introduction:*** Vegetarianism is a practice that has increased in recent years and has been known for its numerous benefits such as reducing the body mass index( obesity), lowering the rate of diabetes and cancer which has been observed in several studies. Vegetarianism refers to the exclusion of meat, fish, seafood, and possibly other animal products such as dairy and eggs. A vegetarian diet may be adopted for various reasons that can include: ecological, economical, religious, ethical and health considerations. Due to these or other personal reasons, parents may impart such lifestyles on their children.

According to the Academy of Nutrition and Dietetics' influential position statement on vegetarianism, meat and seafood can be replaced with milk, soy/legumes, and eggs without any negative effects in children. The United States Department of Agriculture endorses a similar view. However, this point has been questioned due to direct and indirect evidence that vegetarianism may be associated with serious risks for brain and body development in fetuses and children. Regular supplementation with iron, zinc, and B12 are recorded for not mitigating all of these risks. Therefore, it cannot be said decisively that vegetarianism is safe for children.

***Keywords:*** Vegetarianism, Children, Health, Lifestyle, Supplement, Ecological, Economical, Religious, Ethical.