
Fast Food Could Slow Down Your Kid's Brain: Research

22/12/2014



The researchers found that children who eat the most fast food score less in tests for maths, science and reading.

"Research has been focused on how children's food consumption contributes to the child obesity epidemic," lead researcher Kelly Purtell from the Ohio State University in the US was quoted as saying.

"Our findings provide evidence that eating fast food is linked to another problem: poorer academic outcomes," Kelly Purtell added.

Related

- [McDonald's Runs Out of Fries in This Country](#)
- [McDonald's Sees Simpler Menu as Key in Turnaround](#)
- [KFC Calls on Chinese Diners to Inspect its Kitchen](#)

Lack of iron in fast food leads to a slowing in development of certain processes in the brain, the researchers suggested.

For the study, the researchers used data from a sample of 8,500 school children from the US, whose fast food consumption was measured at the age of ten.

This was then compared against academic test results three years later.

Children were asked how many times they had eaten a meal or snack from a fast-food restaurant, including outlets such as McDonald's, Pizza Hut, Burger King, and KFC.

Those who consumed fast food daily scored an average of 79 points in science, four points less than those who never ate fast food.

Similar differences in academic achievement were observed for reading and maths, the Daily Mail reported.

The study appeared in the journal Clinical Pediatrics.
