

Child development

Highly processed foods with salt, sugar and fat are ubiquitous and most dangerous in their appeal to children. Dietary scores for unhealthy items in wealthy countries remain among the worst in the world (1). Maternal junk food is particularly insidious as it causes changes in reward-processing in the offspring brain, such that children grow to prefer foods high in fat and sucros' (2). The effects of dietary imbalance are also well documented. Nutrient gaps and deficiencies affect children's learning, health and longer-term predisposition to obesity (3). Trials on a high fat diet show concentration and speed of recall deteriorated (4). The daily intake of micronutrients which cannot be manufactured or readily stored by the body is deficient in large swathes of the population through poor soils and eating which is habitual or restricted by preference or special needs. Replacing rare vitamins like B12 and K, polyunsaturated fatty acids (PUFAS) with a good balance of the Omegas, ALA and DHL, and all the mineral trace elements like copper, iodine, selenium and zinc is as crucial as excluding harmful foods. Iodine is vital for normal foetal growth and child brain development (2). Even borderline maternal iodine deficiency during pregnancy has an irreversible impact during the first 9 years of childhood educational outcomes. Autism in children may be 4 times more likely if a mother has low thyroid function during pregnancy (5). In the UK, 66% of women and over 75% of 14-year-old schoolgirls tested (6), 82% of pregnant women (1), 52% of 25-year-old students (3), and 49% of babies (7) were found to have insufficient dietary iodine. Antioxidants, phlorotannins and polyphenols are needed for detoxification and cellular signalling pathways that mediate inflammatory processes in the brain" (8). **Seagreens®** nutrition products are easy to use and of most value for their complete inclusion of all these micronutrients – non-allergenic nutrient profiles provided at www.seagreens.co.uk/nutrition. A gram of **Seagreens** (a quarter of a teaspoon), in one form or another, sprinkled on food or in capsules, is sufficient on a daily basis, more according to age, up to a daily intake of 2 - 4 grams for mature adults and nutritional therapy. Add specific foods or supplements where deficiency continues after 3 months. *Seagreens information website link: [Iodine Sufficiency Booklet](#).*

Thank you for requesting this information. Please ask if I can help in any way.
Kind regards

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