

[Title Here, up to 12 Words, on One to Two Lines]

There are many people who believe that vegetarians are smarter than people who eat a regular diet. In fact there have been studies and experiments to prove if intelligence and a vegetarian diet are correlated. *IQ in childhood and vegetarianism in adulthood: 1970 British cohort study* is an article that discusses an experiment conducted by scientists to research the relationship between the IQ in one's childhood and their vegetarian diet as an adult. *High IQ link to being vegetarian* is an article that discusses the same experiment, but in less detail.

The first article discusses how it is a known fact that children who are more intelligent have a lower risk of coronary heart disease. Scientists have yet to find out the exact reason as to why this is, but some believe it has to do with people's dieting choices as adults. One of the most healthy diets that people know of is vegetarianism. Because of this, researchers conducted an experiment to see if a child's intelligence is related to a vegetarian diet as an adult. This hypothesis for the experiment was most likely the following: children with high IQs will become vegetarians once they are adults.

For the experiment, scientists recorded 17,198 births. At the age of 10, the scientists gave the children in the study an IQ test. Years later, 11,204 30 year olds were asked about their diet, and out of those people, 8,170 had taken the IQ test as a child. 366 people said that they were vegetarians, 123 said that they were vegetarian but ate fish or chicken, and

nine said that they were vegan. On average, the people with a vegetarian diet had higher IQ scores as children than non-vegetarians. For women, the vegetarian to non vegetarian IQ comparison was 106.1 to 100.6. For the men it was 104.0 to 99.0.

The conclusion was that children with a higher IQ will become vegetarians when they become adults. This means that the scientists' hypothesis was correct. For further research, scientists should try to see if being a vegan is correlated to anything as well as far as intelligence.:-

The far shorter article, *High IQ link to being vegetarian* also claims that people who were vegetarians as adults were recorded as having five more IQ points than those who now have a normal diet. This was about right, but instead of 8,170 people mentioned in this article, 8179 is mentioned instead. The article then goes to include the average IQs of the vegetarians and non-vegetarians. Overall it gives the same basic information that the previous article gives, but it does not give scientific proof behind the information that it is giving. This just shows that it is important to provide all the scientific evidence when stating information or making certain claims.

Reference

BBC News. (2016). High IQ link to being vegetarian.

Gale, C. R., Deary, I. J., Schoon, I., & Batty, G. D. (2007). IQ in childhood and vegetarianism in adulthood:1970 British cohort study. *BMJ*. doi:10.1136/bmj.39030.675069.55