

Carbonated drinks, chips intake and their relation to Intelligence Quotient (IQ) among primary school children in Baghdad city, Iraq

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From 6th Postgraduate Forum on Health Systems and Policies
Melaka, Malaysia. 21-22 May 2012

Background

The revolution in children's lifestyle and dietary habits which has occurred over the last thirty years can be largely attributed to changes in the family. There were significant associations between carbonated drinks, chips intake and IQ score. More regulations on what to sell inside the schools canteen are needed.

Increasing nutritional knowledge of the parents, especially the mothers is very important and more health promotions should be given regarding children nutrition in the early years of school.

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Published: 27 November 2012

doi:10.1186/1471-2458-12-S2-A19

Cite this article as: Ghazizadeh et al.: Carbonated drinks, chips intake and their relation to Intelligence Quotient (IQ) among primary school children in Baghdad city, Iraq. *BMC Public Health* 2012 12(Suppl 2):A19.

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