

素食與非素食兒童及其父母的飲食攝取與營養 狀況之研究

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摘要

背景介紹 (Background):

由於素食對於健康和環境保護有許多好處，因此在台灣素食人口有越來越多的趨勢，但是一些研究顯示素食會有一些營養素缺乏之危險，兒童期正處於生長發育的階段，是否素食會影響幼兒的生長發育是許多人關心的議題。

研究目的 (Objective):

本篇研究目的是評估和比較素食和非素食幼兒及其父母的飲食攝取和營養狀況。

研究方法 (Methods):

本研究共有 56 位非素食者 (28 位幼兒, 28 位父母), 42 位素食者 (21 位幼兒, 21 位父母), 體位測量包括身體質量數、重高指數。營養素攝取狀況使用三天飲食紀錄, 取得受測者空腹血液, 測量其血液生化值以及營養素狀況。

研究結果 (Results):

素食與非素食幼兒及父母其平均身高、體重、身體質量指數 (BMI) 和三頭肌皮下脂肪厚度沒有差異。在飲食攝取方面, 不論素食與非素食父母或幼兒其熱量、醣類、維生素 E、維生素 B-1、維生素 B-2、鈣和鋅的攝取沒有不同。素食幼兒其總膽固醇顯著低於非素食幼兒, 而高密度脂蛋白-膽固醇和血清鐵蛋白 (ferritin) 濃度顯著高於非素食幼兒, 素食者血清維生素 B-12 及鐵濃度與非素食者沒有顯著不同。素食與非素食幼兒的飲食攝取與血液生化數值接受其父母的深遠影響。

結論 (Conclusion):

兒童素食者有正常的生長和發育, 並且素食者有正常的血清維生素 B-12、鐵濃度以及正常的血液生化狀況, 雖然素食可能導致某些營養素缺乏的缺點被一些研究指出, 只要父母能夠提供孩子足夠的素食營養與良好的照顧, 素食者在生命期各階段仍然能夠滿足其飲食需要且有正常的生長發展與營養狀態。

關鍵詞: 素食、非素食、學齡前兒童、飲食攝取、營養狀況

Dietary intakes and nutrition status of omnivore and vegetarian children and their parents

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Background: The practice of vegetarian diet in Taiwan is more widespread. Because of vegetarian diets offer a number of advantages to health. But several studies indicated that vegetarian diets had a risk of some nutrition deficiency.

Objective: The aim of this study was to assess and compare the dietary intake and nutritional status of vegetarian and omnivore preschool children and their parent.

Methods: Fifty-six omnivores (28 child, 28 parent) and forty-two vegetarians (21 child, 21 parent) were recruited in this study. Vegetarian subjects had practice a vegetarian diet for ≥ 6 months. Dietary assessment was recorded using 3-day dietary record. Fasting venous blood samples were obtained to estimate hematological and vitamin status parameters. Anthropometric measurements included BMI, triceps skinfold thickness (TSF), weight-for-height index was calculated.

Results: There was no difference in height, weight, BMI, age and blood pressure between omnivores and vegetarians in both parent and child groups, and mean BMI was normal range in omnivores and vegetarian groups. There were no significant differences in dietary energy, carbohydrate, vitamin E, B-1, B-2, calcium and zinc intake between omnivores and vegetarians in either parent or child groups. Vegetarian children had significantly lower mean total cholesterol, high density lipoprotein-cholesterol and serum ferritin concentrations than those of omnivorous children. The serum vitamin B-12, iron concentrations of vegetarian subjects were no significant difference than omnivore subjects. Vegetarian and omnivore parents had varying influences on dietary intake and biochemical measurements of their children.

Conclusion: Child vegetarian subjects had a normal growth and development, and no difference with child omnivore subjects. Vegetarian subjects had a normal serum vitamin B-12, iron, and hematological status parameters. Although some other hazard of vegetarian diets had been report. If we provide sufficient care especially vitamin B-12, vitamin B-2 and calcium, that vegetarian diets can meet the nutritional

requirement for the child and adult vegetarian subjects.

Key work: vegetarian, omnivore, children, dietary intake, nutrition status.