

## Veganism bad for your brain? Recent research raises controversial questions about plant-based diets

The idea that avoiding meat is bad for our brains makes some intuitive sense; anthropologists have been arguing about what our ancestors ate for decades, but many scientists think that there was a lot of bone-crunching and brain-slurping on [the road to evolving](#) these remarkable 1.4kg (3lb) organs. Some have even gone so far as to say that [meat made us human](#).

...

On the one hand, recent concern about the nutritional gaps in plant-based diets has led to a number of alarming headlines, including a warning that they can [stunt brain development](#) and cause [irreversible damage](#) to a person's nervous system. Back in 2016, the [German Society for Nutrition](#) went so far as to categorically state that – for children, pregnant or nursing women, and adolescents – vegan diets are not recommended, [which has been backed up by a 2018 review of the research](#). In Belgium, forcing a [vegan diet on your offspring](#) could land you a spell in prison.

But on the other, if abstaining from meat had any real impact on our brains, you would think that we would already have noticed. So is it really damaging our intellects, or is this all just fear of the unknown?

[Read the original post](#)