Layne Norton Says “F**k You” to Vegan Parents (Response Featuring @DannyIshay) Transcript

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Opening the vegan vs. carnivore comparison

We fed our baby a carnivore diet for six months and this happened. You're right. So, first of all, please don't put vegans raising their kids vegan in the same category as carnivores raising kids carnivo-r.

Unlike carnivos, vegins actually have health outcome data on vegan children, which to be fair, maybe Layne hasn't seen. We'll be showing it shortly.

Consent and why the argument cuts both ways

But before we do that, I just want to say that in regards to his consent point, this goes both ways.

Early research on vegan children

A child does not consent to the diet you give them either way. I've talked to many vegans who say they wish their parents hadn't fed them animal products as infants and children.

It goes Both Ways. Anyway, here is Dr. Matthew Nagara covering the data I talked about earlier. We have research dating back to the 1980s. The farm study included 144 vegetarian children ages 4 months to 10 years and about three quarters of them had been vegan since birth.

Larger studies on growth and nutrition

They also consumed foods fortified with important nutrients like vitamins B12 and D and they experienced healthy growth. Another study in the UK came to similar conclusions also noting normal educational development.

But there are several more recent studies, including the two Vici studies. There were over 800 kids and teens in total and 254 of them were vegan. The vegan kids had high rates of supplementation, adequate protein intake, and similar calorie intake to the omnivores.

nutrient intake and status and experience similar growth on average.

Conclusion: vegan diets can support healthy development

And this is what we see across the literature. Vegan diets providing adequate calories with appropriate supplementation can support healthy growth and development.

For a more detailed analysis of these studies and more, watch the full breakdown here.