Abstract


Low folate and vitamin B12 nourishment is common in Omani children with newly diagnosed autism.


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OBJECTIVE: Arab populations lack data related to nutritional assessment in children with autism spectrum disorders (ASDs), especially micronutrient deficiencies such as folate and vitamin B12.

METHODS: To assess the dietary and serum folate and vitamin B12 statuses, a hospital-based case-control study was conducted in 80 Omani children (40 children with ASDs versus 40 controls).

RESULTS: The ASD cases showed significantly lower levels of folate, vitamin B12, and related parameters in dietary intake and serum levels.

CONCLUSION: These data showed that Omani children with ASDs exhibit significant deficiencies in folate and vitamin B12 and call for increasing efforts to ensure sufficient intakes of essential nutrients by children with ASDs to minimize or reverse any ongoing impact of nutrient deficiencies.

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