Lifetime Nutritional Influences on Cognition, Behaviour and Psychiatric Illness

**Description:**

The influence of nutrition on cognition and behaviour is a topic of increasing interest. Emerging evidence indicates that nutrition in early life can influence later mental performance and that diet in later life can reduce cognitive decline. Lifetime nutritional influences on cognition, behaviour and psychiatric illness reviews the latest research into the effects of nutrition on cognition and behaviour across the lifespan and on psychiatric illness.

Part one investigates nutritional influences on brain development and cognition including the effects of early diet and the impact of key dietary consistuents including long-chain polyunsaturated fatty acids and iron. Part two explores the link between diet, mood and cognition discussing carbohydrate consumption, mood and anti-social behaviour, hydration and mental performance and the neurocognitive effects of herbal extracts, among other topics. Part three examines nutritional influences on behavioural problems, psychiatric illness and cognitive decline, including the role of nutrition in attention deficit hyperactivity disorder, vitamin status and psychiatric disorders, antioxidants and dementia, and depression, suicide and fatty acids.

With its distinguished editor and international team of expert contributors, Lifetime nutritional influences on cognition, behaviour and psychiatric illness is a valuable reference tool for researchers working on the effects of diet on the brain in both academia and industry and may also appeal to dieticians and nutritionists.

- Reviews the latest research into the effects of nutrition on cognition and behaviour across the lifespan and on psychiatric illness
- Explores the link between diet, mood and cognition discussing carbohydrate consumption, mood and anti-social behaviour
- Examines nutritional influences on behavioural problems, psychiatric illness and cognitive decline

**Contents:**

Part 1 Nutritional influences on brain development: The effects of early diet on cognition and the brain
Influence of long-chain polyunsaturated fatty acids (LC-PUFAs) on cognitive and visual development
Zinc deficiency and cognitive development
Iron deficiency and cognitive development
Iodine and cognitive development. Part 2 Diet, mood and cognition: Macronutrients and cognitive performance
Carbohydrate consumption, mood and anti-social behavior
Hydration and mental performance
Vitamin status, cognition and mood in cognitively intact adults
Caffeine, mood and cognition
Neurocognitive effects of herbal extracts. Part 3 Nutritional influences on behavioural problems, psychiatric illness and cognitive decline associated with ageing: Malnutrition and externalising behaviour
The role of nutrition and diet in learning and behaviour of children with symptoms of attention deficit hyperactivity disorder
Vitamin status and psychiatric disorders
Antioxidants, diet, polyphenols and dementia
Vitamin D, cognitive function and mental health
Caloric intake, dietary lifestyles, macronutrient composition and dementia
Fatty acids and schizophrenia
Fatty acids, depression and suicide
Fatty acid intake and cognitive decline.

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