



# Nutrition for Brain Health and Cognitive Performance

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Public awareness of the role diet plays in brain function has been steadily increasing. This has led to significant development of new products, dietary supplements, functional foods, nutraceuticals and public health recommendations for maintaining brain function. **Nutrition for Brain Health and Cognitive Performance** presents a detailed and innovative scientific summary of nutrition–cognition research to provide valuable information regarding nutrition and lifestyle choices for cognitive health. Internationally recognised scholars along with the next generation of researchers have contributed chapters that present a valuable resource for health professionals, teachers, researchers and the general public.

The book critically reviews the evidence surrounding the impact of dietary patterns and nutrition on brain function and cognitive performance. It covers diverse topics such as:

- Innovative new technologies that assess brain function
- Tools for measuring mood and its relation to nutrition
- How a diet rich in fruits and vegetables coupled with low consumption of meats can prevent cognitive decline in ageing adults
- Effects of glucose, omega 3s, vitamins and minerals, nutraceuticals and flavonoids on cognitive performance
- Cognitive benefits of herbal extracts such as ginseng, ginkgo biloba and green tea
- Use of technology such as neuroimaging and noninvasive brain stimulation (NBS) to capture nutrition effects on cognition and brain function

Presenting state-of-the-art scientific evidence, challenges, and potential applications within this exciting field, the book promotes and extends the research, teaches the process of research in this area, and promotes a collaborative understanding of the field between industry and academia. It gives you a balance of rigorous scientific information and analysis on the impact of dietary patterns, nutritional components and research processes to support brain health and performance claims and knowledge.

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Nutrition for Brain Health and Cognitive Performance can be one of your starter books that are good idea. All of us recommend that straight away because this book has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to put every word into satisfaction arrangement in writing Nutrition for Brain Health and Cognitive Performance but doesn't forget the main position, giving the reader the hottest along with based confirm resource information that maybe you can be one of it. This great information can drawn you into brand-new stage of crucial considering.

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In this era globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. The book that recommended to you personally is Nutrition for Brain Health and Cognitive Performance this book consist a lot of the information of the condition of this world now. This kind of book was represented so why is the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The writer made some exploration when he makes this book. That is why this book acceptable all of you.

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