

DIET IMPACTS ON BRAIN AND MIND

Everybody eats, and what we eat – or do not – affects the brain and mind. There is significant general, applied, academic and industry interest about nutrition and the brain, and yet there is much misinformation and no single reliable guide. *Diet Impacts on Brain and Mind* provides a comprehensive account of this emerging multidisciplinary science, exploring the acute and chronic impacts of human diet on the brain and mind. It has a primarily human focus and is broad in scope, covering wide-ranging topics like brain development, whole diets, specific nutrients, research methodology and food as a drug. It is written in an accessible format and is of interest to undergraduate and graduate students studying nutritional neuroscience and related disciplines, healthcare professionals with an applied interest, industry researchers seeking topic overviews and interested general readers.

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Contents

<i>List of Figures</i>	<i>page</i> viii
<i>List of Tables</i>	x
<i>Preface and Acknowledgements</i>	xiii
1 Introduction	I
1.1 Introduction	I
1.2 Basic Nutritional Concepts	3
1.3 Basics of Digestion and Regulation	8
1.4 Measurement	11
1.5 What to Include and What Not to Include	18
2 Pregnancy, Infancy and Development	21
2.1 Introduction	21
2.2 Breastfeeding	22
2.3 Weaning and Consequences of Lack of Exposure to Solid Food	29
2.4 Malnutrition: Impacts on Foetal and Child Development	30
2.5 Overnutrition	39
2.6 Specific Deficiencies and Supplementation	40
2.7 Conclusion	62
3 Acute Effects of Food Intake	63
3.1 Introduction	63
3.2 Meal Times	63
3.3 Preparing to Eat	68
3.4 Acute Effects of Macronutrients	70
3.5 Conclusion	106
4 Chronic Effects of Food Intake: Western-Style Diets	107
4.1 Introduction	107
4.2 WS-Diet Models	107
4.3 WS-Diet and Cognition	108

4.4	Effects of Individual Nutrients on Cognition	109
4.5	Potential Mechanisms	113
4.6	WS-Diet and Risk of Psychiatric, Neurological and Neurodegenerative Conditions	119
4.7	Obesity: Weight and Metabolic Effects on Cognition – Diet or Brain, or Both, as Cause?	123
4.8	Conclusions	125
5	Dietary Neurotoxins	126
5.1	Introduction	126
5.2	Acute Dietary Neurotoxins	126
5.3	Chronic Dietary Neurotoxins	145
5.4	General Conclusion	180
6	Neuroprotective Effects of Diet	181
6.1	Introduction	181
6.2	Mediterranean Diet	181
6.3	Dietary Approaches to Stop Hypertension (DASH) Diet	186
6.4	Mediterranean-DASH Diet Intervention for Neurodegenerative Delay (MIND)	188
6.5	Ketogenic Diet	188
6.6	Nutritional Components That May Contribute to Neuroprotection	192
6.7	Conclusions	201
7	Food-Related Drugs and Food as a Drug	203
7.1	Introduction	203
7.2	Alcohol	203
7.3	Caffeine	224
7.4	Theobromine	232
7.5	Food	232
7.6	General Conclusion	248
8	Starvation and Caloric Restriction in Adults	250
8.1	Introduction	250
8.2	Animal Studies	251
8.3	Human Studies	256
9	Essential Nutrient Deficiencies in Adults	307
9.1	Introduction	307
9.2	Vitamins	308
9.3	Minerals	335
9.4	Macronutrients	346
9.5	Conclusion	352

	<i>Contents</i>	vii
10	Implications and Conclusions	356
10.1	Introduction	356
10.2	Interesting Findings and Themes from Chapters 2 to 9	356
10.3	Future Developments	362
10.4	General Conclusion	372
	<i>References</i>	373
	<i>Index</i>	475

Figures

1.1	Basics of energy metabolism	<i>page</i> 6
2.1	Development of the human brain	22
2.2	A person with myxedematous iodine deficiency disorder	57
3.1	Dose-response graph for the effects of glucose on learning and memory	74
3.2	Blood-glucose response across time following consumption of white bread and beans	83
3.3	Neuronal glucose usage. Source: Adapted from data presented in McNay et al. (2000)	89
4.1	Consequences of a WS-diet and its associated health condition	114
4.2	The vicious cycle model of obesity, originally proposed by Davidson and colleagues (Hargrave et al., 2016b), suggests that a WS-diet causes physiological changes to the hippocampus, affecting hippocampal-dependent cognitive functions that are involved in energy intake regulation and subsequently causing increased consumption of this same diet	125
5.1	A sclerotia (black claw) growing out of the seed head of Rye grass	130
5.2	Dairy cow exhibiting splayed stance typical of an animal with bovine spongiform encephalitis (BSE)	150
5.3	Upper panel – New cases of BSE in the UK over the last 30 years; lower panel – New cases of variant Creutzfeldt–Jakob disease (vCJD)	151
5.4	Characteristic spongy appearance of the brain on post-mortem of a cow with BSE	153
5.5	Location of the Chisso factory and its discharge pipes	169
7.1	Structural similarity of caffeine and adenosine	228
8.1	Little change in reported hunger during a period of total fast. Source: Data adapted from Silverstone et al. (1966)	278

List of Figures

ix

8.2	Hunger ratings increasing across a fast period. Source: Data adapted from Johnstone (2007)	279
8.3	Ratings of hunger (left panel) and of fullness (right panel) taken at baseline and at follow-up in the control and calorie restriction groups. Source: Data adapted from Anton et al. (2009)	300
9.1	Generation of vitamin B ₃	315
9.2	A person with pellagra	316
9.3	Points of impact (ovals with diagonal lines) of vitamin B ₃ deficiency on cellular metabolism and the routes to neuronal cell death	317
9.4	The gums of a person with scurvy	327
9.5	The omega-3 and 6 fatty acid synthesis pathways	347

Tables

2.1 Aminoacidopathies affecting indispensable and conditionally indispensable amino acids	<i>page</i> 41
3.1 Summary findings for the impact of specific meals on different cognitive domains (units are studies testing a cognitive effect/s)	65
3.2 Summary findings (units are studies testing a cognitive/mood effect/s) for the impact of glucose on different cognitive domains, with data extracted from Boyle et al. (2018)	72
3.3 Summary of studies testing acute macronutrient effects beyond just carbohydrates	93
5.1 Acute dietary neurotoxins	127
5.2 Chronic dietary neurotoxins	146
6.1 Summary of recommendations for Mediterranean, DASH, MIND and Ketogenic diets	182
6.2 Polyphenols and their dietary sources	193
7.1 Diagnostic criteria for alcohol dependence	211
7.2 Alcohol-related neurological syndromes	214
7.3 Routes of alcohol's toxic effects on foetal brain development	223
7.4 Principal sources of dietary caffeine	225
7.5 Diagnostic criteria for gambling disorder	236
7.6 Symptom checklist from the modified YFAS, version 2	237
8.1 Studies examining the effects of short-term fasts on general measures of cognition and mood	258
8.2 Studies examining the effects of short-term fasts on set shifting and central coherence	260
8.3 Examples of concocting during periods of starvation	268
8.4 Effects of starvation on morality	270
8.5 Changes in self-reported hunger, libido and desire for activity across the semi-starvation phase of the Minnesota starvation study, with the scale being from -5 (extreme decrease) via 0 (normal) to +5 (extreme increase)	275

List of Tables

xi

8.6 Energy-restricting diet studies with obese or overweight participants, where mood, hunger and fatigue, alone or in combination, were studied as outcomes	281
8.7 Correlates of weight loss in the elderly grouped into categories	288
9.1 Caine criteria for the diagnosis of Wernicke's encephalopathy	312
9.2 Human amino acids	350
9.3 Summary of brain-related findings for essential micronutrient and indispensable macronutrients deficiencies (– = no data)	353

Preface and Acknowledgements

This book was born of a simple need. When we first started studying Western-style diets and their impacts, we wanted a general introduction to the broader field of diet, brain and mind. We could find no single source that gave us the overview we desired, and so we decided to write one. Writing a book is always a collaborative endeavour, and many people have helped us in this process. We thank Margaret Allman-Farinelli, Jen Cornish and Deb Mitchison for kindly reading and commenting on some of the chapters; Bob Boakes, Jon Mond, Tuki Attuquayefio, Martin Yeomans and Terry Davidson for many enlightening discussions; and Alysia Robertson, Karina Chan and Fiona Wylie for assistance with the References. We thank the Australian Research Council for their continued support, which assisted with much of our research reported in this book. Dick Stevenson particularly thanks his family for their support – Caroline, Gemma, Lucy, Harry, Chris, Mike, Rosie and Bailey – through good times and bad, and his dear ex-neighbours Charles Kamerman and Jennifer Cheyne for letting him help with Charles’s book (in a very small way), which inspired him to work on this one. Heather M. Francis thanks her many supportive colleagues and friends who have provided guidance and wisdom – especially Dick Stevenson, without whom she would never have written this book. She would also like to give a special thanks to her family – Audrey, Gemma and Chris – for being an endless source of joy and inspiration. Finally, both of us thank Stephen Acerra of Cambridge University Press for his unerring support throughout the life of this project.