

## *Index*

- β-Carboline alkaloids, 165–166
- β-methylamino-L-alanine (BMAA), 157–161
- α-synuclein, 156
- α-tocopherol. *See* vitamin E
- absinthe, 138–139
- accuracy, 18
- acetone cyanohydrin, 164
- acetylcholine, 90
- acrylamide, 136–137
- acetylcholinesterase, 129
- acute tryptophan depletion (ATD), 100–101
- adenosine, 228
- ADHD
  - O<sub>3</sub>FA and, 200
- adrenocorticotrophic hormone (ACTH), 115
- age-related cognitive decline
  - polyphenols and, 193–195
- aging
  - weight loss during, 287–289
- aging and neurodegenerative conditions
  - ketogenic diet and, 191–192
- alcohol, 203–204, 248
  - acute effects on behaviour, 205–208
  - acute effects on brain, 208–210
  - foetal brain development and, 223
  - chronic usage and dependence, 210–212
  - chronic usage, effects of, 212–215
  - foetal exposure to, 218–222
  - in adolescence, 222–224
  - in old age, 224
  - metabolism of, 204–205
- alcohol dependence, 215–218
  - diagnostic criteria, 211
- alcohol use disorder (AUD), 211, 224
- alcohol-related birth defects (ARBD), 218
- alcohol-related neurodevelopmental disorder (ARND), 218
- alkaloids
  - plant and fungal, 129–132
- alpha-lactalbumin, 96
- alpha-linolenic acid, 347
- altered-regulation hypothesis, 31
- aluminium, 175–178
- Alzheimer's disease (AD)
  - hypothyroidism and, 337
  - low folate levels and, 323
  - O<sub>3</sub>FA and, 198
  - oxidative stress and, 331
  - polyphenols and, 195
  - vitamin B<sub>1</sub> deficiency and, 312
  - vitamin B<sub>5</sub> deficiency and, 319
  - vitamin C deficiency and, 327
  - vitamin D deficiency and, 330
  - Western-style diet and, 122
- amino acids, 7
  - essential, 350–352
- aminoacidopathies, 41–42
- amyotrophic lateral sclerosis (ALS), 157
  - oxidative stress and, 331
- anaemia
  - megaloblastic, 322
  - pernicious, 324
- Ancel Keys Minnesota Starvation Study, 16
- animal data
  - inclusion of, 1
- animal models
  - problem of, 369
- anisatin, 141
- anorexia nervosa (AN), 283–286
  - secondary to cancer and other diseases, 286–287
- anthocyanin, 194–195
- anti-social personality disorder, 216
- anxiety
  - MedDiet and, 184–185
  - O<sub>3</sub>FA and, 199–200
  - polyphenols and, 195–196
  - appetite regulation
    - cognitive processes in, 123–124
  - arachidonic acid (AA), 23, 347

- arsenic, 173–174
- ascorbic acid. *See* vitamin C
- ASD. *See* autism spectrum disorder
- ATD. *See* acute tryptophan depletion
- attention deficit disorder, 102
- aubergines, 129
- AUD. *See* alcohol use disorder
- autism spectrum disorder (ASD)
  - ketogenic diet and, 192
  - O<sub>3</sub>FA and, 200
- barley, 129
- bias
  - forms of, 369–370
- bilberry leaves, 196
- binging
  - food insecurity and, 293–294
- biomarkers, 19, 363–364
- Biosphere II, 276–277
- biotin. *See* vitamin B<sub>7</sub>
- blackberry juice, 196
- blood-brain barrier (BBB), 113
  - Western-style diet and, 116–117
- blueberries, 194
- BMAA. *See* β-methylamino-L-alanine
- bovine spongiform encephalitis (BSE), 150–155
- brain development, 21
- brain-derived neurotrophic factor (BDNF), 113
  - Western-style diet and, 113
- breakfast, 63–66, 106
- breast-feeding, 62
  - brain development and, 28–29
  - mental health outcomes and, 28
  - cognitive benefits of, 356
  - neurobiology of, 22–23
- breast-feeding and cognition
  - experimental studies, 25–27
  - in preterm infants, 28
  - observational studies, 23–25
- brevetoxins, 133
- BSE. *See* bovine spongiform encephalitis
- cachexia, 286–287
- caffeine, 203, 224–226, 248, 360
  - abuse, 230–231
  - adenosine and, 228
  - the brain and, 228–230
  - effects of, 226–228
  - effects, long-term, 231–232
  - principal sources of, 225
- calcitriol. *See* vitamin D
- calcium, 328
  - deficiency, 345
- calorie
  - definition, 4
  - calorie restriction (CR), 361
    - cognition and, 302–305
    - hunger and, 298–301
    - longevity and, 295–298
    - psychopathology and, 301–302
  - canola oil, 198
  - carbohydrates, 4
  - carnitine, 327
  - cassava, 163–164
  - catechin, 194
  - catecholamines, 95
  - CCK. *See* cholecystokinin
  - chaconine, 129
  - cherry juice, 195
  - chewing noise
    - to identify foods, 365
  - chlorine
    - deficiency, 345
  - chlorogenic acid, 196
  - chlorophyll, 129
  - cholecalciferol. *See* vitamin D
  - cholecystokinin (CCK), 9
  - cholesterol
    - effects on cognition, 112
  - choline, 44–45
    - deficiency, 332–333
    - specific effects from, 105–106
  - chromium, 346
  - chyme, 9
  - ciguatoxins, 133–134
  - cinnamon, 195
  - Claviceps purpurea*, 129
  - cobalamin. *See* vitamin B<sub>12</sub>
  - cobalt, 346
  - cocoa, 194
  - codeine, 132
  - cognitive decline
    - vitamin B<sub>12</sub> deficiency and, 325
    - vitamin D deficiency and, 329–330
  - cognitive performance
    - DASH diet and, 186
    - MedDiet and, 183
  - coherence, 19
  - collagen, 327
  - compliance, 20
  - copper, 59–60
    - deficiency, 342–343
  - corticotropin-releasing hormones (CRH), 115
  - critical period hypothesis, 31
  - curcumin, 194–195, 197
  - cyanide, 164
  - dark chocolate, 195
  - depression, 102
    - DASH diet and, 187–188

*Index*

477

- MedDiet and, 184–185
- O<sub>3</sub>FA and, 199–200
- polyphenols and, 195–196
- dietary approaches to stop hypertension (DASH) diet, 186
  - summary of recommendations, 182
- dietary pattern data advantages of, 20
  - vs single nutrients approach, 357–358
- dietary recording improving, 362–365
- dieting, 263–265
- digestive system the brain and, 10
- dinner, 68
- docosahexaenoic acid (DHA), 23, 43, 198, 346
- domoic acid, 134
- dopamine, 95
- eating preparation for, 68–69
  - purpose of, 3
  - real-time detection of, 364
- eicosapentaenoic acid (EPA), 43, 198, 346
- electro-encephalography (EEG), 18
- electrolyte disturbances, 345–346
- emotional memory hypothesis, 91–92
- energy metabolism, 6
- energy requirements, 4
- epicatechin, 194
- epilepsy
  - ketogenic diet and, 189–190
- epinephrine, 95
- episodic memory, 72
- ergocalciferol. *See* vitamin D
- ergot alkaloids, 129–131
- famine neurodevelopmental outcomes and, 34–35
  - natural history of, 266–269
- FASD. *See* foetal alcohol spectrum disorder
- fasting, 250
  - in lean people, 282–283
  - in overweight and obese people, 279–282
  - medically supervised, 277–279
  - religious, 261–263
  - short-term studies, 256–266, 258
  - short-term, experimenter instructed, 256–261
- fats, 7–8
  - effects on cognition, 92–95
- fDG PET, 18
- fish consumption safety of, 172–173
- flavourants, 138–141
- flaxseed oil, 198
- fluorine, 346
- foetal alcohol spectrum disorder (FASD), 218–222
- foetal alcohol syndrome (FAS), 218
- folate, *See* vitamin B<sub>9</sub>
- food, 232–233
- food addiction, 233–235, 241, 247–248, 360
  - as behavioural use disorder, 235–236
  - biological aspects, 244–247
  - compulsion to eat, 242–243
  - diagnosing, 236–238
  - risk factors, 241–242
- food-based images collection of, 363–364
- formic acid, 143
- fructose, 5
  - effects on cognition, 82
- functional magnetic resonance imaging (fMRI), 18
- funding source, 19
- gambling disorder diagnostic criteria, 236
- glioblastoma multiforme (GBM), 190
- gliomas malignant, 190
- glucocorticoids, 116
- glucose, 5, 10
  - the brain and, 357
  - effects on cognition, 70–81
  - effects on decision making, 79–81
  - effects on learning and memory, 74
  - enhancement effect, 84–92, 106
  - impact on different cognitive domains, 72
  - neuronal usage, 89
- GLUT1 glucose transporter, 87
- glycaemic index (GI), 82
  - lower and higher GI foods, 82–84
- glycaemic load (GL), 82
- glycoalkaloids, 129
- glycogen, 5
- goitre, 336
- goitre-belts, 335
- goitrogens, 179
- Goldberger, Dr Joseph, 315
- grape juice, 194
- grape seed, 195
- grapes, 195
- grayanotoxins, 142
- green tea, 195
  - polyphenol-epigallocatechin gallate (EGCG), 196
- grelin, 10
- gut microbiome, 359
  - MedDiet and, 186
  - dysregulation, 113

- gut-brain axis
  - Western-style diet and, 117–119
- Hallervorden-Spatz syndrome, 319
- heterocyclic amines (HCA), 157
- hippocampal dependent learning and memory (HDLM), 72
  - Western-style diet and, 108–109
- histamine, 95
  - in the brain, 98
- histidine, 95
  - depletion, 98
  - effects on brain histamine, 101–104
- holocaust survivors
  - recovery from starvation and, 289–290
- HPA axis. *See* hypothalamic-pituitary-adrenal axis
- hunger strikes, 270–272
- hyoscyamine, 131
- hypercortisolemia, 284
- hypocalcaemia, 345
- hypochloremia, 345
- hypoglycaemia, 42
  - cognitive effects of episodes, 78
- hypokalemia, 345
- hypomagnesemia, 345
- hyponatremia, 345
- hypophosphatemia, 345
- hypothalamic-pituitary-adrenal (HPA) axis
  - Western-style diet and, 115–116
- hypothalamus, 10
- imidazoleamines, 95
- impulsivity, 215
- indolamines, 95
- insulin
  - peripheral release, 91
- intermittent fasting (IF), 296–297
- iodine, 55–58
  - deficiency, 335–337
- iron, 53
- iron deficiency (ID), 337–339
  - supplementation during infancy and, 54–55
  - supplementation during pregnancy and, 53–54
- isomaltulose
  - effects on cognition, 82
- isoquinoline alkaloids, 132
- joule
  - definition, 4
- K<sub>atp</sub> channels, 91
- ketoacidosis, 202
- ketogenic diet (KD), 188–189
  - summary of recommendations, 182
- Konzo, 163–164
- Korsakoff's syndrome (KS), 311–312
- Krebs cycle, 5
- krill oil, 198
- kuru, 148–150
- lactose, 5
- large intestine, 9
- large neutral amino acids (LNAs), 95
- lathyrism, 161–162
- lcPUFAs. *See* long chain polyunsaturated fatty acids
- lead, 166–167
- leptin, 10
- Lewy bodies, 155
- linamarin, 164
- linoleic acid, 347
- LNAs. *See* large neutral amino acids
- long chain polyunsaturated fatty acids (lcPUFAs), 42–44
- longevity
  - energy restriction and, 295–305
- lunch, 66–67, 106
- lupanine, 132
- lupin beans, 132
- lychee, 195
- macronutrients, 3
  - deficiencies, 353
- mad cow disease. *See* bovine spongiform encephalitis
- magnesium
  - deficiency, 345
- magnetic encephalography (MEG), 18
- malnutrition, 30, 62
- maltose, 5
- manganese, 346
- maternal malnutrition
  - brain function and, 33
  - animal studies, 31–33
  - human studies, 33–35
- meals
  - impact on cognitive domains, 65
- Mediterranean diet, 359
- Mediterranean diet (MedDiet), 181–183
  - cognitive performance and, 183
  - summary of recommendations, 182
- Mediterranean-DASH diet intervention for neurodegenerative delay (MIND), 188
- medium-chain triglyceride oil (MCT)
  - supplementation, 189
- mental health
  - Western-style diet and, 119–120
- mercury
  - in food, 167

*Index*

479

- mesocortical pathway, 102
- mesolimbic pathway, 102
- methanol, 142–143
- methoxysafrole. *See* myristicin
- methyl mercury
  - pathogenesis, 171–172
  - poisoning, 168–171
- methylazoxymethanol, 158
- micronutrients, 8, 62
  - deficiencies, 353
  - lower levels with age, 352
  - supplementation, 60–61
- microvilli, 9
- milk sickness, 141
- MIND diet. *See* Mediterranean-DASH diet
  - intervention for neurodegenerative delay
  - summary of recommendations, 182
- minerals, 8
- Minnesota Starvation Study, 272–276
- Modified Atkins Diet (MAD), 189
- molybdenum, 346
- morphine, 132
- multiple sclerosis (MS)
  - ketogenic diet and, 191
  - MedDiet and, 186
  - O<sub>3</sub>FA and, 200
  - Western-style diet and, 120–121
- myristicin, 140
- nanoplastics, 179
- neurodegenerative conditions
  - DASH diet and, 187
  - MedDiet and, 185–186
  - O<sub>3</sub>FA and, 198–199
- neurodegenerative diseases
  - Western-style diet and, 121–122
- neurodevelopmental disorders
  - polyphenols and, 196
- neuroinflammation, 113
  - MedDiet and, 186
  - polyphenols and, 195
  - Western-style diet and, 114–115
- neuropsychological tests, 16–18
- neuroticism, 216
- neurotoxic proteins
  - infectious, 145–147
- neurotoxins
  - acute, 126
  - chronic, 145–180
  - marine, 132–136
  - synergistic effects, 359
- nicotinamide adenine dinucleotide (NAD). *See*
  - vitamin B<sub>3</sub>
- norepinephrine, 95
- nutraceuticals, 365–367
- nutrigenomics, 367–368
- nutritional remediation, 37–39
- O<sub>3</sub>FA. *See* omega-3 fatty acids
  - obesity, 358
    - dietary restriction and, 279–282
    - effects on cognition, 123
    - maternal, 39
    - vicious cycle model (VCM), 124, 125
  - obesity risk
    - from maternal malnutrition, 32
  - oily fish, 198
  - oligomeric procyandins, 194
  - omega-3 fatty acids (O<sub>3</sub>FA), 198, 201
    - deficiency, 346–350
  - omega-6 fatty acids
    - deficiency, 347–350
  - overnutrition, 39–40, 62
  - overweight
    - effects on cognition, 123
  - oxidative stress, 113
    - MedDiet and, 186
    - polyphenols and, 195
    - vitamin E deficiency and, 331
    - Western-style diet and, 115
- Parkinson's dementia complex (PDC), 157
- Parkinson's disease (PD), 102, 155–157
  - O<sub>3</sub>FA and, 185
  - oxidative stress and, 331
  - vitamin B<sub>1</sub> deficiency and, 312
  - Western-style diet and, 122
- partial foetal alcohol syndrome (pFAS), 218
- PCBs. *See* polychlorobiphenyls
- pellagra, 315
- peristalsis, 9
- pesticides, 178–179
- phenylalanine, 95
- phlorotannin-rich extract, 196
- phosphopantetheine. *See* vitamin B<sub>5</sub>
- phosphorus
  - deficiency, 345
- phyloquinone. *See* vitamin K
- polychlorobiphenyls (PCBs), 143–144
- polyphenols, 192–193, 197–198, 201
  - dietary sources and, 193
  - poppy seeds, 132
- potassium
  - deficiency, 345
- potatoes, 129
- prebiotics, 365
- prefrontal cortex
  - effects of Western-style diet, 109
- pre-registration
  - of design and analysis, 371

- prisoners of war
  - recovery from starvation and, 290–293
- probiotics, 365
- problem drinking, 216–218
  - transition into, 215–216
- protein I
  - specific effects from, 95–104
- protein II
  - specific effects from, 104–105
- protein malnourishment
  - in adult animals, 251–253, 255–256
- proteins, 4–5, *See also* neurotoxic proteins
  - effects on cognition, 92–95
  - prion, 147–148
- pyridoxal 5'-phosphate. *See* vitamin B6
- quercetin, 196
- quinolizidine alkaloids, 132
- Ramadan, 261–262
- reproducibility problem, 357, 369
- resveratrol, 194, 197
- retinoic acid, 308, *See* vitamin A
- retinol, 308
- riboflavin. *See* vitamin B2
- rye, 129
- saliva, 8
- salt
  - effects on cognition, 111–112
- sample size, 19
  - problems of, 370–371
- saturated fat (SF)
  - effects on cognition, 109
- saxitoxins, 133
- schizophrenia, 102
- scombrotoxins, 136
- scopolamine, 90, 131
- scurvy, 8, 326
- selenium
  - deficiency, 343–345
- self reporting of diet data, 11–14
  - diet diaries, 11
  - interviewer-based recall, 11–12
- serotonin, 95–96
- single nutrient approach
  - vs dietary patterns approach, 357–358
- small intestine, 9
- snacks, 67
- soapberries, 138
- sodium
  - deficiency, 345
- solamargine, 129
- solanine, 129
- solasonine, 129
- sparteine, 132
- Spencer, P. S., 158
- St Anthony's fire*, 130
- starch, 5
- starvation, 250, 360
  - concoctions during, 268
  - effects on morality, 270
  - laboratory studies, 272–283
  - longer-term studies, 266–289
    - recovery from, 287–289
- strawberries, 194
- stunting, 35–37, 62
- sucrose, 5
  - effects on cognition, 82
- sugar
  - effects on cognition, 110–111
- sulphur, 346
- synbiotics, 365
- TBI. *See* traumatic brain injury
- tetramethylammonium. *See* tetramine
- tetramine, 136
- tetrodotoxin, 135–136
- theobromine, 232
- thiaminases, 144
- thiamine. *See* vitamin B1
- thujone, 126–140
- thyroid stimulating hormone (TSH), 335
- tomatine, 129
- tomatoes, 129
- toxic dystonia, 138
- traumatic brain injury (TBI)
  - ketogenic diet and, 191
  - O<sub>3</sub>FA and, 200
- trematol, 141
- tropane alkaloids, 131
- tropical ataxic neuropathy (TAN), 164–165
- tryptophan, 95–97
  - depletion, 96–97, *See also* acute tryptophan depletion
  - effects on serotonergic system, 98–101
- turmeric, 194
- Type I diabetes
  - cognitive impairment profile, 78
- Type II diabetes, 11
  - maternal malnutrition and, 32
  - cognitive impairment profile, 78
- tyrosine, 95
  - depletion, 97–98
  - effects on dopaminergic system, 101–104
- undernutrition
  - in animals, 253–256

*Index*

481

- vagus nerve, 10, 156  
variant CJD, 152–155  
VCM. *See* obesity: vicious cycle model  
vitamin A, 45  
    deficiency, 308–309  
vitamin B1, 46–47  
    deficiency, 309–313  
vitamin B12, 50–51  
    deficiency, 324–326  
vitamin B2  
    deficiency, 313–314  
vitamin B3  
    deficiency, 314–318  
    generation of, 315  
vitamin B5  
    deficiency, 318–319  
vitamin B6, 48  
    deficiency, 319–321  
vitamin B7, 48  
    deficiency, 321  
vitamin B9, 48–50  
    deficiency, 322–323  
vitamin C, 36–51  
    deficiency, 326–328  
vitamin D, 51–52  
    deficiency, 328–330  
vitamin E, 52–53  
    deficiency, 330–331  
vitamin J. *See* choline  
vitamin K  
    deficiency, 333–334  
vitamins, 8  
walnuts, 198  
warfarin, 334  
weaning, 29–30  
Wernicke's encephalopathy (WE),  
    309–310  
    Caine criteria, 312  
Western-style diet  
    consequences of, 114  
    models, 107  
wheatgerm oil, 198  
Wilder, R. M., 189  
wine  
    red, 195  
    white, 195  
World War II  
    starvation and, 289–293  
wormwood, 139  
xanthohumal, 196  
Yale Food Addiction Scale (YFAS), 236  
    symptom checklist, 236  
zinc, 58–59  
    deficiency, 339–342