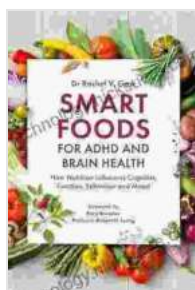


# How Nutrition Influences Cognitive Function, Behaviour, and Mood

The relationship between diet and mental health is complex, but studies have shown that certain nutrients can play a role in cognitive function, behaviour, and mood.



## Smart Foods for ADHD and Brain Health: How Nutrition Influences Cognitive Function, Behaviour and Mood

by Dan Purser MD

★★★★☆ 4.6 out of 5

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Text-to-Speech : Enabled  
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Enhanced typesetting: Enabled  
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For example, a study published in the journal *Nutritional Neuroscience* found that people who ate a diet rich in fruits and vegetables had better cognitive function than those who ate a diet high in processed foods.

The study participants who ate more fruits and vegetables had better scores on tests of memory, attention, and executive function. They also had a lower risk of developing dementia.

Another study, published in the journal *JAMA Psychiatry*, found that people who ate a diet high in omega-3 fatty acids had lower levels of depression and anxiety.

The study participants who ate more omega-3 fatty acids had a 20% lower risk of developing depression and a 15% lower risk of developing anxiety.

These studies suggest that nutrition can play a role in mental health. However, more research is needed to determine the exact mechanisms by which nutrients affect cognitive function, behaviour, and mood.

### **How Nutrients Affect Cognitive Function**

Nutrients play a role in cognitive function by supporting the brain's structure and function.

For example, the brain needs glucose for energy. Glucose is a type of sugar that is found in carbohydrates.

If the brain does not get enough glucose, it can lead to cognitive problems, such as difficulty concentrating and making decisions.

Other nutrients, such as vitamins and minerals, are also essential for cognitive function.

For example, vitamin B12 is necessary for the production of myelin, which is a fatty substance that insulates nerve cells.

If the brain does not get enough vitamin B12, it can lead to cognitive problems, such as memory loss and confusion.

## **How Nutrients Affect Behaviour**

Nutrients can also affect behaviour by influencing the production of neurotransmitters.

Neurotransmitters are chemicals that are used by nerve cells to communicate with each other.

For example, the neurotransmitter serotonin is involved in mood regulation.

If the brain does not get enough serotonin, it can lead to depression.

Other nutrients, such as magnesium and zinc, are also involved in the production of neurotransmitters.

If the brain does not get enough of these nutrients, it can lead to behavioural problems, such as irritability and aggression.

## **How Nutrients Affect Mood**

Nutrients can also affect mood by influencing the production of hormones.

Hormones are chemicals that are produced by glands in the body.

For example, the hormone cortisol is involved in stress regulation.

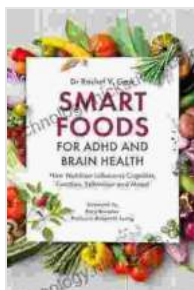
If the body produces too much cortisol, it can lead to anxiety and depression.

Other nutrients, such as vitamin D and omega-3 fatty acids, are also involved in the production of hormones.

If the body does not get enough of these nutrients, it can lead to mood problems, such as sadness and irritability.

The relationship between diet and mental health is complex, but studies have shown that certain nutrients can play a role in cognitive function, behaviour, and mood.

By eating a healthy diet that is rich in fruits, vegetables, and whole grains, you can help to support your mental health.



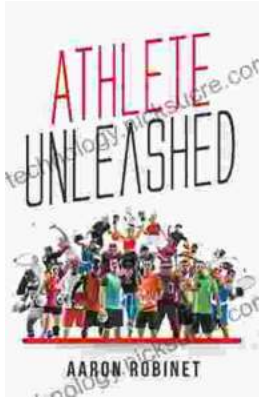
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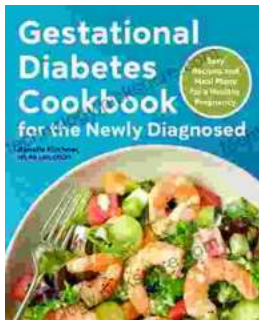
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