



Feeding the Brain with Proper Nutrition by A Balanced Diet

Shameema Vattamkandathil

Clinical Nutritionist, UAE

Abstract:

The quality of food we eat affects our mind and body. Food choices are influenced by taste, habits, advertising, time, convenience and economics. Nutrition affects the early stages of life, can have impact on alertness, development, analytical thinking and communication by the production of neurotransmitters. The brain is an organ with high metabolic and nutrient demands. On average, the brain consumes 20% of a person's daily caloric intake, approximately 400 calories per day. It is important to know the properties of foods especially regarding amino acid composition because amino acids are components of neurotransmitters, molecules needed for brain transmission and function. The interaction of nutrients in the food which consume affects the release of neurotransmitters. Neural impulses are produced from brain by various nutrients such as amino acids, complex carbohydrates, fatty acids especially omega 3 fatty acids. Gut hormones that can enter the brain, or that are produced in the brain itself, influence cognitive ability. Production of monoamine neurotransmitters such as acetylcholine, adrenaline, serotonin, dopamine, endorphins, important in the pathophysiology of mental illness, depends on adequate building blocks of amino acids, and mineral dependent co-factors. A healthy diet and regular physical activity can protect from diseases, such as obesity, CVD, strokes which avoid the risks during aging. Cognitive performance and maintenance of mental health, especially among elderly may be improved with proper healthy balanced diet consisting of complex carbohydrates, polyunsaturated fatty acid, especially omega-3 fatty acids, proteins and specific nutrients, like flavonoids. In order to improve our mental abilities, concentration, memory and vigilance, life style modification, proper nutrition with balanced diet is of great important.



Biography:

Shameema Vattamkandathil is a Clinical Nutritionist. She is having hands on experience in food safety and food processing and undergone training at various leading food processing industries. She is a speaker in Second International conference on Nutrition, Food science and technology, food safety and health. She received her graduation in Food Science and Quality Control from Mahatma Gandhi University, India and Post-graduation in Food Chemistry and Food Processing from Loyola College, Chennai, India with an additional master of science in Applied Psychology and Master of Business Administration from Bharathiar University, Coimbatore, India.

Recent Publications:

1. Evaluation of nutritional status and energy expenditure in athletes. Mielgo-Ayuso J, Maroto-Sanchez B, Luzardo-Socorro R, Palacios G, Palacios Gil-Antuñano N, Gonzalez-Gross M; EXERNET Study Group. *Nutr Hosp.* 2015 Feb 26;31 Suppl 3:227-36. doi: 10.3305/nh.2015.31.sup3.8770. PMID: 25719790

Webinar on Food Science & Technology | August 20, 2020 | Dubai, UAE

Citation: Shameema Vattamkandathil, Feeding the Brain with Proper Nutrition by A Balanced Diet, Food Science & Technology 2020, August 20, Dubai, UAE