



The NUTRIMENTHE Project began in March 2008 and is funded until December 31st 2013. In that time, NUTRIMENTHE has added to the evidence base that suggests prenatal and early nutrition influences brain development, which in turn affects behaviour and cognitive function in children. The knowledge obtained by NUTRIMENTHE will contribute to the science base for dietary recommendations for pregnant women, and children, to optimise mental performance. The results are of broad social significance for the general population in terms of how nutrition affects health behaviour, education, work potential and mental illness in every age group.



The NUTRIMENTHE International Conference, 13th and 14th September 2013, Granada, Spain

NUTRIMENTHE hosted a day and half conference to showcase the work and results of the project. 135 delegates from 29 countries attended the event. Previews of NUTRIMENTHE's key messages were presented which can be seen in this [short video](#) which also captures the spirit of the conference.

Delegates were treated to fantastic entertainment and food during the conference, including a flamenco show, in some beautiful locations in Granada including near the Alhambra Palace (see photo above).

A Young Scientists Competition was also held in which six young scientists were selected to give presentations of their work. A panel of three judges assessed the presentations and cash prizes were awarded to the three best presentations.

The winner was Niklas Timby from Umea University, Sweden. Niklas said, "I was very glad to have the opportunity to attend the NUTRIMENTHE International Conference and take part in the fascinating research area of early nutrition and neurodevelopment. It was a great pleasure to present my work to an experienced audience in such a friendly atmosphere" he added, "to be awarded first prize among my fellow competitors, whose presentations I appreciated very much, was a great honour and has given me much inspiration for my future research!" prizes were awarded to the top three competitors.

[Read More](#)



NUTRIMENTHE in the public eye

In recent months NUTRIMENTHE has appeared in a number of articles and videos.

"Good food for babies, the earlier the better" An article that appeared in the European Commission's Horizon magazine in which the NUTRIMENTHE Coordinator discusses how early nutrition plays an important role in brain development and how the effects are "detectable even beyond childhood" [LINK](#).

"Food for thought" a 12 minute documentary about NUTRIMENTHE that can be seen on Euronews. It includes interviews with NUTRIMENTHE researchers and parents and children who are taking part in NUTRIMENTHE's research, providing an interesting insight into what it is like to be a participant in the studies. [LINK](#).

"Nutrition and Mental Performance in Childhood". An article written about NUTRIMENTHE that appeared in the July/August 2013 edition of Complete Nutrition, a magazine for health professionals. [LINK](#).

Interviews with NUTRIMENTHE researchers. A series of interviews were filmed during the NUTRIMENTHE International Conference in Granada. Researchers from the project talk about their work and latest results. [LINK](#).

NUTRIMENTHE's You Tube channel. For previous videos about the work of NUTRIMENTHE you can visit our You Tube channel. [LINK](#).



NUTRIMENTHE's key messages

The consortium is developing its key messages which will be of interest to parents, health professionals and policy makers. Previews of the key messages were presented at the [International Conference in Granada](#).

Many of the initial messages relate to the importance of maternal diet before and during pregnancy, especially in terms of the importance of eating fish and the maintenance of folate and iodine levels, all of which can impact upon cognitive development of children.

The results and messages of the project are being collated and will be released to the media in the weeks following the end of the project.



NUTRIMENTHE's Future

The NUTRIMENTHE consortium will continue to write and publish papers that will serve to enrich the existing evidence base for the importance of pre- and post natal nutrition for subsequent mental performance in childhood. The project website will remain, but an additional web-based resource, collating the results and key messages of the project will be made available.

Notification of this additional website will be made to NUTRIMENTHE's newsletter subscribers, project partners and social media followers in the New Year.

To stay in touch with NUTRIMENTHE, register for the newsletter, e-mail us or, follow us on Facebook and Twitter @NUTRIMENTHEFP7

All the Best for 2014!



Contact us: nutrimentheproject@yahoo.es Website: www.nutrimenthe.eu The NUTRIMENTHE project is coordinated by the University of Granada, Spain and funded by a grant of 5.9m€ from the European Commission's Seventh Framework Programme for Research and Development. Grant number 212652. Click here to [unsubscribe](#)