

The effect of Diet on the Mental Performance of Children



Evidence suggests that early nutrition can influence mental performance, cognitive development and behaviour at a later age.

The EU funded NUTRIMENTHE project, co-ordinated by Professor Cristina Campoy from the University of Granada, Spain, aims to further our understanding and knowledge of this subject by bringing together leading European scientific experts to form a multi-disciplinary research team.

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The NUTRIMENTHE research project will significantly improve our understanding and knowledge of the effect of diet on mental performance. The project aims to:

- Establish a team of leading international scientists and experts.
- Undertake epidemiologic studies to analyse the long-term effects of pre and early postnatal diet on mental performance and mental illness in children.
- Follow up randomised clinical intervention trials of specific nutrients introduced during pregnancy, infancy and childhood.
- Assess quantitative requirements of n-3 LC-PUFAs in children with restricted diets.
- Undertake a quantitative assessment of the interaction between nutrition and genetic variation with regards to mental performance.
- Develop a standard neuropsychological battery for the assessment of mental performance of children in Europe.
- Develop consistent and clear pan-European dietary recommendations for pregnant women, infants and children.
- Increase the knowledge and awareness across Europe of parents, health professionals, teachers and food producers on how diet influences mental performance and associated health claims.



For further regular updates please register to receive the project newsletter: www.nutrimenthe.eu

