

Nutrition and Mental Performance Task Force

ABOUT THE TASK FORCE

The rise of the elderly population due to demographic change and the resulting impact on health cannot be overlooked. Technological and systemic innovation together can improve the quality of life of the older population and create new opportunities for scientific research which is linked to an increased focus in nutrition and its relationship with neurogenesis, cognitive maintenance and understanding of cognitive decline. In this increasingly important field, the Nutrition and Mental Performance Task Force aims to contribute to drive scientific knowledge on the effects of diet and food components on mental performance as well as to increase awareness of the importance of nutrition for brain functions across the lifespan.



WHAT'S NEW?

NEW PUBLICATION

The proceedings of the workshop on '**Nutrition for the Ageing Brain: Towards Evidence for an Optimal Diet**' were published in 2016.

SCIENTIFIC SESSION

The outcomes of the 2nd workshop on '**Nutrition for the Ageing Brain**' will be presented at the 21st ICN congress in Buenos Aires, Argentina, October 2017.

WORKSHOP

The programme and venue for a 3rd workshop on '**Nutrition for the Ageing Brain**' in 2018 are being developed.

NEW ACTIVITY PROPOSAL on '**Implications of Food Component Interactions for Research Design: Guiding Principles for Studying Effects of Multi-Component Combinations on Brain Functions**'.

ACTIVITIES

A Review of Plant-based Ingredients and their Cognitive Benefits with a focus on their Likely Mechanisms of Action

This activity aims to summarise and evaluate the current literature relating to plant-based ingredients, their constituents and cognitive performance; to consider combinations of ingredients/compounds (in the context of a normal diet) and

their potential synergies; and to provide an overview of their proposed mechanisms of action. Furthermore, they will critically evaluate the findings in an attempt to provide guidance on the most effective ingredients and combinations thereof.

First Workshop 'Nutrition for the Ageing Brain: Towards Evidence for an Optimal Diet'

A workshop was organised in July 2014 in Milan, Italy. It reviewed the available evidence in order to understand the effects of diet or specific sets of nutrients or dietary factors on

cognitive ageing, and discussed possible ways to promote healthy cognitive ageing. The proceedings of the workshop are published in *Ageing Research Reviews*.

Second Workshop 'Nutrition for the Ageing Brain: Functional Aspects and Strategies'

Based on the success of the workshop mentioned above, the task force organised a follow-up workshop focusing on new developments regarding functional aspects and strategies.

The workshop took place from 30 June to 1 July 2016 in Copenhagen, Denmark. The proceedings of the workshop will be submitted for peer-reviewed publication.

Nutrition and Mental Performance Task Force

MEMBER COMPANIES

- Abbott Nutrition
- Danone
- DSM
- Lucozade Ribena Suntory
- Merck
- Nestlé
- PepsiCo International
- Pfizer Consumer Healthcare
- Schwabegroup
- Wrigley

RECENT PUBLICATIONS

D. Vauzour, M. Camprubi-Robles, S. Miquel-Kergoat, C. Andres-Lacueva, D. Bánáti, P. Barberger-Gateau, G.L. Bowman, L. Caberlotto, R. Clarke, E. Hogervorst, A.J. Kiliaan, U. Lucca, C. Manach, A-M. Minihane, E.S. Mitchell, R. Perneczky, H. Perry, A-M. Roussel, J. Schuermans, J. Sijben, J.P.E. Spencer, S. Thuret, O. van de Rest, M. Vandewoude, K. Wesnes, R.J. Williams, R.S.B. Williams and M. Ramirez. **Nutrition for the Ageing Brain: Towards Evidence for an Optimal Diet.** *Ageing Research Reviews* 2017; 35:222-240. Available online.

M. Hamer, L. Dye, E.S. Mitchell, S. Layé, C. Saunders, N. Boyle, J. Schuermans and J. Sijben. **Examining techniques for measuring the effects of nutrients on mental performance and mood state.** *European Journal of Nutrition* 2016; 55 (6): 1991-2000. Available online.

C.A. de Jager, L. Dye, E.A. de Bruin, L. Butler, J. Fletcher, D.J. Lamport, M.E. Latulippe, J.P.E. Spencer and K. Wesnes. **Cognitive Function: Criteria for Validation and Selection of Cognitive Tests for Investigating the Effects of Foods and Nutrients.** *Nutrition Reviews* 2014 Mar;72(3):162-79.

All publications commissioned by this task force are available on our website: www.ils.eu.

For more information on ILSI Europe's activities, don't forget to follow us on Twitter @ILSI_Europe and connect with us on LinkedIn.

CONTACT

Dr Lucie Geurts
Scientific Project Manager
lgeurts@ilsieurope.be
Tel. (+32) 2 771 00 14

ILSI Europe
Avenue E. Mounier 83, Box 6
BE – 1200 Brussels
BELGIUM

Scan the QR code
for more information
on this task force

