

# 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 with adequate nutrition can improve the quality of life of elderly people and create new opportunities for scientific research. This has brought about an increased focus on nutrition and its relationship with maintenance of cognitive performance 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 2<sup>nd</sup> workshop on '**Nutrition for the Ageing Brain**' will be presented at the 21<sup>st</sup> ICN congress in Buenos Aires, Argentina, October 2017.

### WORKSHOP AND SCIENTIFIC SESSION

The 3<sup>rd</sup> workshop on '**Nutrition for the Ageing Brain**' will be held on 30-31 August 2018 in Madrid, Spain as a satellite event of the 40<sup>th</sup> ESPEN Congress. A Scientific session will also be organised during the Congress on the '**Gut-Brain Axis**'.

## ACTIVITIES

### Guiding Principles for Studying Multi-Component Combinations on Brain Functions **NEW**

Effects of food on brain functions are mostly seen from nutrient combinations rather than from isolated nutrients. Clear guidance and evidence for a multi-component combination approach is currently lacking. The aim of this activity is to

increase understanding of the interactions of nutrients on brain functions, and to provide clear substantiation when designing future studies aiming at investigating the impact of multi-component combinations on brain functions.

### A Review of Plant-based Ingredients and Cognitive Performance

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.

### 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.

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## MEMBER COMPANIES

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

## 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](http://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.

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