

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 2nd workshop on '**Nutrition for the Ageing Brain: Functional Aspects and Mechanisms**' were published in December 2017.

NEW EXPERT GROUP

A new activity on '**The Implications of Food Component Interactions for Research Design: Guiding Principles for Studying Effects of Multi-component Combinations on Brain Functions**' has been kicked-off in December 2017.

SYMPOSIUM

The 3rd event in the series '**Nutrition for the Ageing Brain**' will be held on **30-31 August 2018 in Madrid, Spain** and will focus on clinical, metabolic and physiological aspects.

ACTIVITIES

Symposium '**Nutrition for the Ageing Brain: Moving Towards Clinical Applications**' – **NEW**

The mechanisms contributing to normal ageing are the same as those contributing to the development of neurological diseases. Despite a wealth of data on how nutrition may support cognitive functions and preserve brain health, the therapeutic and

pharmacological potential of these natural compounds still remains to be fully translated in humans and in clinical conditions. The purpose of this event is to convene experts to discuss and debate the potential for maintaining cognitive function through dietary intake.

Effects of Food Component Interactions 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.

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MEMBER COMPANIES

- Abbott Nutrition
- Danone
- DSM
- Lucozade Ribena Suntory
- Merck
- Nestlé
- Pfizer Consumer Healthcare
- Sanofi
- Schwabegroup

RECENT PUBLICATIONS

S. Miquel, C. Champ, J. Day, E. Aarts, B.A. Bahr, M. Bakker, D. Bánáti, V. Calabrese, T. Cederholm, J. Cryan, L. Dye, J.A. Farrimond, A. Korosi, S. Layé, S. Maudsley, D. Milenkovic, M. H. Mohajeri, J. Sijben, A. Solomon, J.P.E. Spencer, S. Thuret, W. Vanden Berghe, D. Vauzour, B. Vellas, K. Wesnes, P. Willatts, R. Wittenberg and L. Geurts. **Poor cognitive ageing: Vulnerabilities, mechanisms and the impact of nutritional interventions.** *Ageing Research Reviews* 2018; 42:40-55.

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.

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.

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

For more information on ILSI Europe's activities, don't forget to follow us on Twitter [@ILSI_Europe](https://twitter.com/ILSI_Europe) and connect with us on [LinkedIn](https://www.linkedin.com/company/ilsieurope/).

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