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Titolo	High Calorie Diet and the Human Brain [[electronic resource]] : Metabolic Consequences of Long-Term Consumption / / by Akhlaq A. Farooqui
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ISBN	3-319-15254-8
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (325 p.)
Disciplina	610
Soggetti	Neurochemistry Food—Biotechnology Food Science
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Preface -- Effect of long term consumption of high calorie diet, low calorie diet and Mediterranean diet on human metabolism -- Neurochemical effects of long term consumption of high fat contents in the diet -- Neurochemical effects of long term consumption of high simple carbohydrate contents in the diet.- Neurochemical effects of long term consumption of high animal protein contents in the diet -- Biochemical effects of soft drinks consumption in the brain -- Biochemical effects of high salt consumption in the brain -- Roles of fiber in the diet and its effects on metabolic processes in the brain. - Effects of the high calorie diet on the development of chronic visceral diseases -- Effects of high calorie diet on the development of neurological disorders.- Modifications of high calorie diet needed for optimal health of human brain -- Summary, perspective and directions for future research -- Index.
Sommario/riassunto	This monograph presents readers with cutting edge and comprehensive information on the effect of long term consumption of a high calorie diet on visceral organs and brain. It is the first monograph to describe the effect of macronutrients (carbohydrates, fats, and protein), table salt, and fiber (high calorie diet) on neurochemical processes related

inflammation and oxidative stress in the brain. It will be useful to postgraduate students, faculty, research scientists, nutritionists, and physicians, who are curious about alterations in signal transduction processes due to long term consumption of high calorie diet. Healthy diet is an important component of good health. Long term consumption of a high calorie diet promotes insulin resistance, obesity, type II diabetes, and metabolic syndrome. The later is an important risk factor for stroke, Alzheimer disease, and depression. In contrast, the long term consumption of Mediterranean Diet reduces the risk of obesity, type II diabetes, and metabolic syndrome. A healthy lifestyle—which includes a healthy diet with plenty of fruits, vegetables, beans, fish, less red meat; moderate exercise for maintaining a healthy body weight; and optimal sleep may help in preventing not only diabetes, and metabolic syndrome, but delaying the pathogenesis of stroke, Alzheimer disease, and depression.