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Nota di contenuto	Chapter 1: Introduction -- Chapter 2: Conceptual Models in Food-Behavior Relationship -- Chapter 3: Nutrition-Behavior Interface – The Way Forward in Research -- Chapter 4: The Brain-Behavior Link – a Conundrum -- Chapter 5: Neurotransmitters and Short-Term Effects of Nutrition on Behavior -- Chapter 6: Undernutrition – the Bane of Modern Times and It’s Developmental Fallout -- Chapter 7: Mineral Deficiency and Behavior vis-à-vis the Central Nervous System -- Chapter 8: Role of Dietary Supplements on Mental Function -- Chapter 9: The Sugar – Behavior Link -- Chapter 10: The Caffeine, Methylxanthines and Behavior Linkages -- Chapter 11: Alcohol, Brain Function and Behavioral Impact -- Chapter 12: "Anorexia Nervosa and Bulimia Nervosa – Two Most Important Eating Disorders of the Millennium" -- Chapter 13: Overweight and Obesity – The Bane of Modern Times -- Chapter 14: Conclusion.

Sommario/riassunto

This book discusses the role of food and the human nutrition-behavior interface. Food makes us what we are, but in addition to providing adequate nutrition, does it influence behavior? This book looks at this critical question from various angles and considers different concepts and approaches to food, nutrition and well-being. To better understand the entire gamut of the food-behavior linkage, the author unravels the workings of the mind - brain link. The book discusses this aspect and the findings add to the existing fund of knowledge in this area. Much of today's malaise in humans can be traced to the food consumed by individuals. This book provides a comprehensive picture of the current state of human nutrition and how this can be linked to behavior.
