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| 1. Record Nr. | UNINA9910457672703321 |
| Titolo | Diet, brain, behavior : practical implications // edited by Robin B. Kanarek and Harris R. Lieberman |
| Pubbl/distr/stampa | Boca Raton : , : CRC Press, , 2012 |
| ISBN | 0-429-10403-0 1-283-35008-4 9786613350084 1-4398-2157-7 |
| Descrizione fisica | 1 online resource (330 p.) |
| Altri autori (Persone) | LiebermanHarris R KanarekRobin B |
| Disciplina | 612.8/2 |
| Soggetti | Nutrition Diet Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | Front Cover; Contents; Preface; Editors; Contributors; Chapter 1: Mental Energy and Fatigue: Science and the Consumer; Chapter 2: Hydration and Brain Function; Chapter 3: Diet as an Analgesic Modality; Chapter 4: Breakfast and Adult and Child Behaviors; Chapter 5: Diet, Physical Activity, and Substrate Oxidation: Implications for Appetite Control, Weight Loss, and Body Composition; Chapter 6: The Reward Deficiency Hypothesis: Implications for Obesity and Other Eating Disorders; Chapter 7: Potential Consequences of Obesity on Cognitive Behavior; Chapter 8: Dietary Supplements for Weight Loss Chapter 9: Sweet Taste Preferences and Cravings in Gestational Diabetes Mellitus (GDM): Implications for Diet and Medical ManagementChapter 10: Homocysteine, B Vitamins, and Cognitive Function; Chapter 11: Creatine, Brain Functioning, and Behavior; Chapter 12: Theanine, Mood, and Behavior; Chapter 13: Caffeine: Practical Implications; Chapter 14: Caffeine Effects on Aggression and Risky Decision Making; Back Cover |
| Sommario/riassunto | As the field of nutritional neuroscience has grown, both the scientific |

community and the general population have expressed a heightened interest in the effect of nutrients on behavior. Diet, Brain, Behavior: Practical Implications presents the work of a diverse group of scientists who collectively explore the broad scope of research in the field. The subject matter of each chapter in this volume was chosen to ensure the current or potential for further applicability to practical, applied issues. Topics discussed include: Concepts of mental
