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New Brain Nutrition News - December 2020

We are what we eat - the effects of food and lifestyle on your mental health

[NEWS](#)[PUBLICATIONS](#)[BLOGS FROM OUR EXPERTS](#)[WHAT QUESTION DO YOU HAVE?](#)[ABOUT Eat2beNICE](#)

Before the year ends, we bring you **tons of news** from our consortium Eat2beNICE. Despite the current crisis, our researchers are generating lots of interesting findings on the effects of food and lifestyle on mental health. See our latest publications and blogs below. Are you inspired to eat something healthy? Check out our cooking video!

NEWS

On 5 and 6 November the researchers of Eat2beNICE came together online at the **first virtual General Assembly** meeting. They not only shared their latest research updates, but also made a healthy breakfast



PUBLICATIONS

Despite the pandemic, many researchers in our consortium are producing interesting results and publishing these in international academic journals. All our academic publications are listed [here](#)

In this newsletter we highlight some of our latest research findings:

- People who **consume caffeinated coffee** have better cognitive functioning compared to non-consumers. This was found by Indira Paz-Graniel and her colleagues, who investigated a group of Mediterranean elderly with metabolic syndrome. These findings were published in the [European Journal of Nutrition](#)



- Does **stress cause unhealthy eating**, which then causes mental health problems such as depression? Researchers in the Netherlands looked into this hypothesis using data of over 120,000 individuals. They found a weak link between high stress and unhealthy diet, but no evidence that poor diet quality causes mental health problems. Stressed individuals might however benefit from getting help to eat more healthy. You can read the publication in the journal [Clinical Nutrition](#)



- We know that the Western Diet is unhealthy, but how bad is it exactly? Researchers from Russia and The Netherlands fed a diet with **high carbs and fats** to mice. They found that this made the mice **more restless and impulsive** and also affected their livers and their brains. This suggests that also in humans, unhealthy eating may do more harm than we suspect. You can read the publication in [Life Sciences](#)



Cooking for your brain - healthy food amidst the holiday dinners

Even though the December festivities will be different this year, many of us will still be treating ourselves to Christmas dinners. Want something healthy for the days in between? How about a yummy lentil tomato soup! This video shows you how to make this simple, healthy meal step-by-step. [Link to YouTube Video](#)

LATEST BLOGS FROM OUR EXPERTS



A COFFEE A DAY MIGHT KEEP COGNITIVE DECLINE AWAY

by Indira Paz-Graniel

Lifestyle psychiatry: how could this benefit people with mental disorders?

by Annick Huberts-Bosch



We are what we eat: how diet impacts our brain structure?

by Lara Hamzehpour

[Read more blogs on our website](#)

WHAT QUESTIONS DO YOU HAVE?

New Brain Nutrition aims to provide you with the scientific answers to questions about lifestyle, nutrition and mental health. Let us know what questions you have, then we will try to answer them!

Email to info@newbrainnutrition.com

ABOUT Eat2beNICE

We are an EU-funded medical consortium that studies the connections between gut microbiota, diet, and exercise to formulate nutrition and lifestyle recommendations for brain health. [Read more about the project here](#)

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