

Impact of diet on brain health

Sonata Suk-Yu*

Department of Rehabilitation Sciences, The Hong Kong Polytechnic university, Hong Kong, China

Introduction

A healthy diet helps to guard against malnutrition altogether its forms, also as non-communicable diseases (NCDs), including like diabetes, heart condition, stroke and cancer. Unhealthy diet and lack of physical activity are leading global risks to health. However, increased production of processed foods, rapid urbanization and changing lifestyles has led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars and salt/sodium, and lots of people don't eat enough fruit, vegetables and other dietary fiber like whole grains. the precise make-up of a diversified, balanced and healthy diet will vary counting on individual characteristics (e.g. age, gender, lifestyle and degree of physical activity), cultural context, locally available foods and dietary customs. However, the essential principles of what constitutes a healthy diet remain an equivalent. Food is that the "fuel" that gives the proper nutrition for brain health and cognitive performance. It's what drives the brain to perform all of your daily tasks. That's why it's so important that you simply choose what you eat carefully since what you eat, directly affects your brain functions. The harmful effects of a high-fat, high-sugar diet on people's physical wellbeing are well documented. Heart condition, high vital sign and diabetes are three of the foremost well-known adverse effects of a typical Western diet. Their impact is now being felt in parts of the planet that haven't traditionally eaten these sorts of food. Research has acknowledged that diet, alongside exercise, has been a key think about structuring the evolution of the brain and its cognitive capacity for thousands of years. for instance, diets high in Omega-3 fatty acids are found to positively affect cognitive processing of the brain whereas diets high in saturated fats are found to negatively affect the cognitive processing of the brain.

Eating a western-style diet for every week can slightly impair brain function and encourage healthy children to overeat, consistent with a replacement study. After consuming a high fat, high added sugar diet, volunteers performed worse on memory tests and had a desire to eat food following a meal. The research suggests eating a western-style diet causes some disruption within the hippocampus region of the brain, the region involving memory and appetite control, making it harder for people to manage their appetite. Previous research, conducted on animals, has shown that food impairs the #hippocampus, a brain region involved in #memory and appetite control, scientists have now began to prove if an equivalent will happen to the human brain. The researchers during this most up-to-date study recruited 110 Australian volunteer students aged in between 20 to 25, all of whom were already a healthy weight with a healthier-than-average diet.

The participants were then randomly assigned to either a western-style diet group or an impact group. The control group were to continue eating as normal for seven days, the western diet group were asked to eat two Belgium waffles on four days, and to eat a main meal and desert or drink from a quick organic phenomenon the opposite two days, on top of their normal diet. On both the primary and Judgment Day of the study the participants took the Hopkins verbal learning test of learning and memory (recall) skills, and a "wanting and liking test", where they were shown a variety of food items and asked to rate what proportion they wanted them, then what proportion they liked them after that they had been consumed.

Conclusion

Studies have compared "traditional" diets, just like the Mediterranean diet and therefore the traditional Japanese diet, to a typical "Western" diet and have shown that the danger of depression is 25% to 35% lower in those that eat a standard diet. The Mediterranean Diet originated within the 1960s and is one among the simplest diets for psychological state. Research has discovered that this diet is adopted in countries like Greece and Italy and plays an important role in decreasing the amount of deaths from strokes and heart attacks as compared to the American countries. A Mediterranean Diet may be a traditional cuisine from countries surrounding the Mediterranean. This diet is high in fruits and vegetables, whole grains, nuts and seeds, and vegetable oil.

How to cite this article: Sonata Suk-Yu. Impact of diet on brain health. J Brain Res 4 (2021):e122.

***Corresponding Author:** Sonata Suk-Yu, Department of Rehabilitation Sciences, Email: Sonatasu@gmail.com

Copyright: © 2020 Sonata Suk-Yu, This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 04 January, 2021; **Accepted:** 18 January, 2021; **Published:** 25 January, 2021