

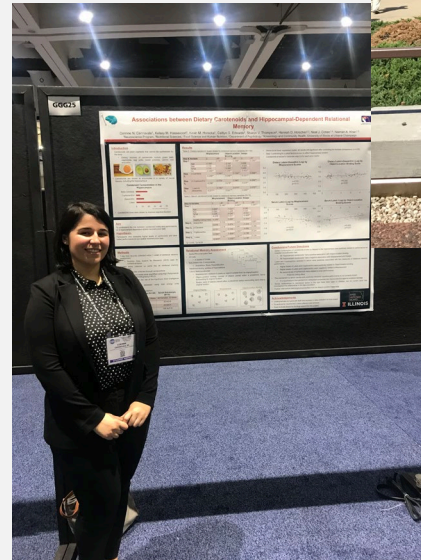


# INTRODUCTION TO NUTRITION AND BRAIN HEALTH

Corinne Cannavale, B.S.  
Nutrition, Wellness, and the Brain  
Week 1

# WHO AM I?

- Hometown: Caldwell, New Jersey
- University of Illinois at Urbana-Champaign Class of 2017 MCB, Chemistry
- PhD student in Neuroscience Program at UIUC
- I study how nutrition and obesity can impact the brain



WHERE DO YOU LEARN ABOUT  
NUTRITION AND WELLNESS?

Go to [menti.com](https://menti.com) and use the code 84 42 79

# UNRELIABLE NUTRITION INFORMATION IS EVERYWHERE

Study was done in mice

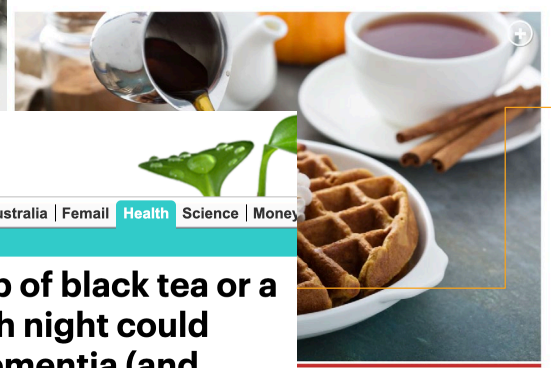
Doesn't represent what the study found

Claims to see an "effect" but the study was correlational

News Science  
**Eating ants could protect against cancer, study finds**  
Share Save 80



**'Western-style' diet is making you fat and stupid, study says**  
By Melissa Malamut February 19, 2020 | 2:11pm | Updated



**Daily Mail**.com

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**How drinking one cup of black tea or a glass of red wine each night could HALVE your risk of dementia (and scientists say eating kale and broccoli can also ward off the disease)**

**"Healthy" soybean oil causes genetic changes in the brain linked to neurological disease**

Published: 04 February 2020  
Share Like 8.5K Tweet Share



Study shows the most widely consumed edible oil in the US could be bad for the brain - and that oil from soybeans genetically engineered to be healthier is just as bad

**New Study Explains Why Ginseng Can Help You Lose Weight**

By Eliza Sullivan Fact Checked ✓

December 2, 2019 — 11:03 AM  
Ginseng is a popular adaptogen, valued for its medical applications and studied extensively. One of its most popular applications is in the world of weight loss, and a new study has added to science's understanding of how this herb works.

***Eat Less Red Meat, Scientists Said. Now Some Believe That Was Bad Advice.***

The evidence is too weak to justify telling individuals to eat less beef and pork, according to new research. The findings "erode public trust," critics said.



## MISLEADING MEDIA

🏠 > News > Science

Professor Mauro Serafini, who led the research, said: “At least two  
bill **Antioxidant Activities *in vitro* of Water and**  
insol **Liposoluble Extracts Obtained by Different**  
**Species of Edible ~~Insects~~ and Invertebrates**

 **Carla Di Mattia,**  **Natalia Battista,**  **Giampiero Sacchetti and**  **Mauro Serafini\***

The

Faculty of Biosciences and Technologies for Agriculture, Food, and Environment, University of Teramo, Teramo, Italy

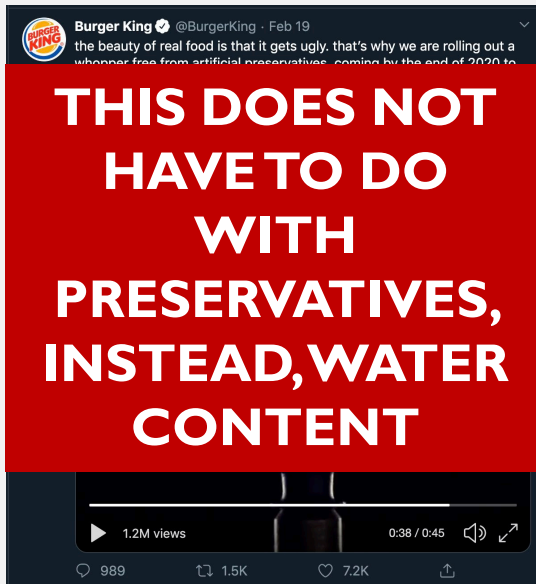
1.

Fat-soluble extracts of silkworm, giant cicada and Africa caterpillars showed an antioxidant capacity twice that of olive oil.

15 JULY 2012 10:00AM

# MISLEADING MEDIA IS EVERYWHERE!

## ADVERTISEMENTS

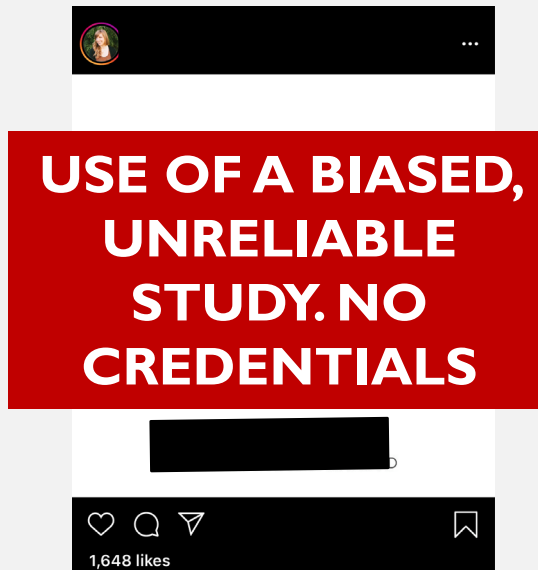


Burger King @BurgerKing · Feb 19  
the beauty of real food is that it gets ugly. that's why we are rolling out a whopper free from artificial preservatives, coming by the end of 2020 to

**THIS DOES NOT HAVE TO DO WITH PRESERVATIVES, INSTEAD, WATER CONTENT**

1.2M views 0:38 / 0:45 989 1.5K 7.2K

## SOCIAL MEDIA "INFLUENCERS"



**USE OF A BIASED, UNRELIABLE STUDY. NO CREDENTIALS**

1,648 likes

## YOUTUBE



**WHY DRY?** **50 HO**

**NO CREDENTIALS. SUPPORT OF EXTREMELY DANGEROUS, NON-SCIENTIFICALLY BACKED DIETING**

Metabolic Water,  
MAD and Water Fasting,

## FACEBOOK



Just Eat Real Food 22 hrs · 🌐

Arthritis is not easy to live with but there is a lot you can do to change, overcome, or cope with the problems it presents. Here we will teach you how to prepare a powerful remedy for your knee, bone and joint pain. People who take this miraculous mixture have seen results.

**NO STUDY DONE.**

HEALTHY-HOLISTIC-LIVING.COM  
This apple cider vinegar and cayenne pepper mixture can heal knee, bone and joint pain

# HOW TO SPOT A GOOD SOURCE

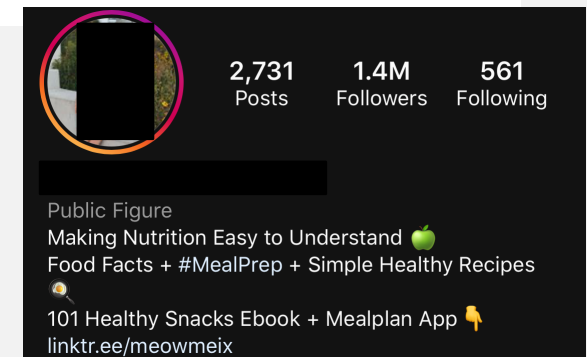


- .org
- .gov
- Cites the original article!
- Reported from the actual journal (press release)
- Look for valid credentials!
- Check to see if they are selling something based on their claims.

## Meet the six-legged superfoods: grasshoppers top insect antioxidant-rich list

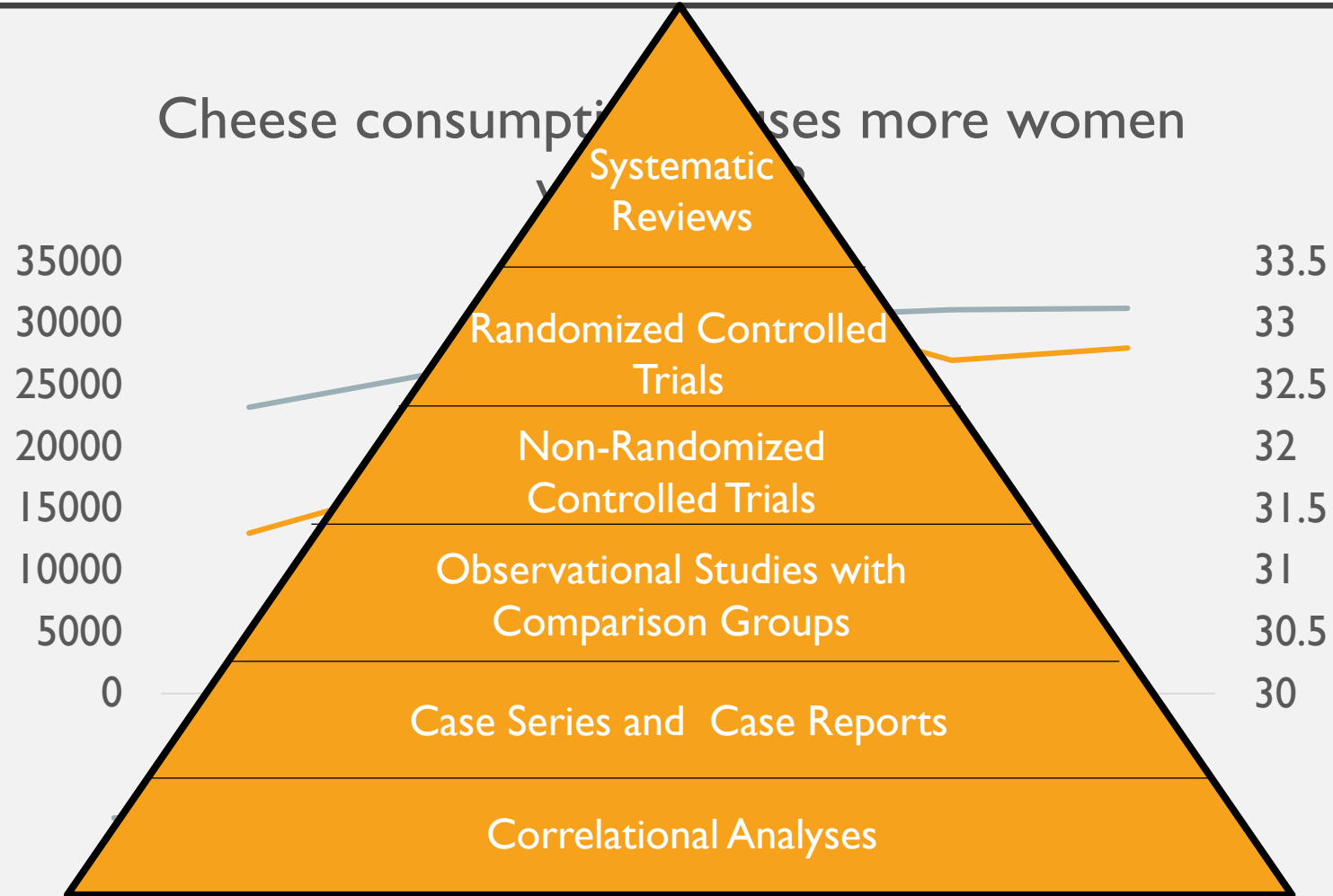
Posted on July 15, 2019 in Featured News, Health

**Original article:** [Antioxidant Activities \*in vitro\* of Water and Liposoluble Extracts Obtained by Different Species of Edible Insects and Invertebrates](#)



Instagram profile card for meowmeix. The profile picture is a circular image of a green apple. The statistics show 2,731 Posts, 1.4M Followers, and 561 Following. The bio identifies the user as a Public Figure and describes the content as "Making Nutrition Easy to Understand" with a green apple icon. It lists "Food Facts + #MealPrep + Simple Healthy Recipes" and "101 Healthy Snacks Ebook + Mealplan App" with a yellow arrow icon. The link is "linktr.ee/meowmeix".

# CORRELATION DOES NOT MEAN CAUSATION

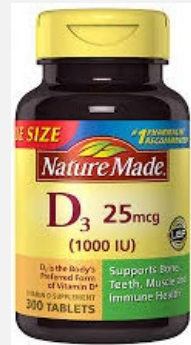
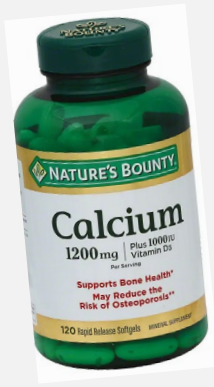




# THE TRUTH ABOUT SUPPLEMENTS

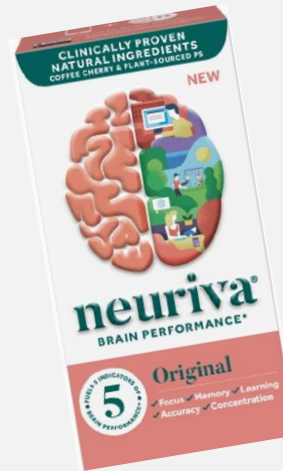
## THE GOOD

- Supplements to fill gaps in special diets
- Supplements used for nutrient deficiencies



## THE BAD

- Supplements making non-FDA approved claims
- “personalized” vitamins

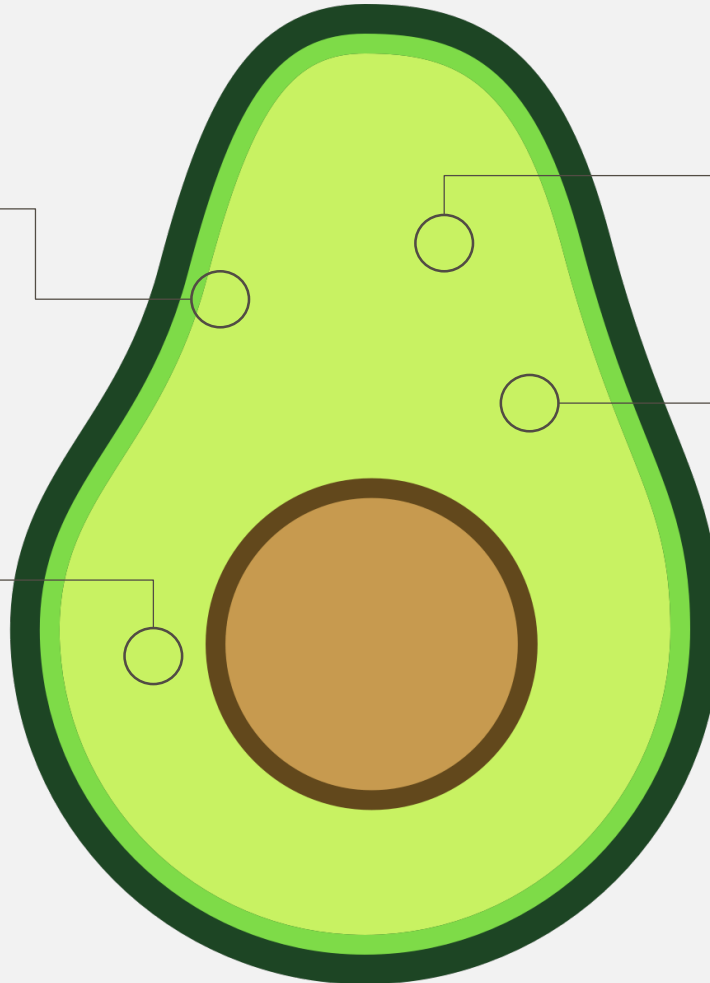


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# WHOLE FOODS: NUTRIENTS PACKAGED WITH A PURPOSE

**Choline:** The presence of phospholipids and DHA helps to ensure choline is quickly absorbed for use by the body. Also, lutein, DHA, and choline consumed together helps with better absorption of all 3 nutrients.

**Vitamin E & K:** These vitamins are lipid soluble, meaning that when it is eaten in the presence of fats your body can better absorb the vitamin.



**Lutein:** Carotenoids, specifically Lutein, is also a lipid soluble nutrient. This means that eating lutein in the presence of fats helps your body absorb more of the nutrient.

**Mono- and Poly-Unsaturated Fatty Acids:** These healthy fats are great for your health and support the absorption of lipid soluble vitamins and nutrients.

# WELLNESS AND BRAIN

Some foods and diets may improve executive functioning. Executive function is associated with aerobic fitness.

Exercise can improve neuron growth in aging populations.



Memory function is improved by exercise and certain nutrients are associated with better memory.

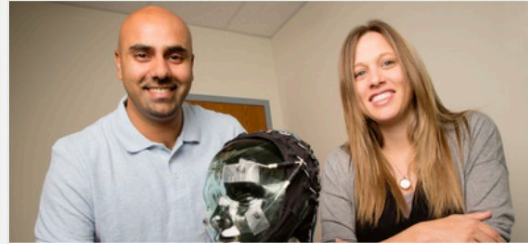
Nutrients such as carotenoids and DHA deposit in brain tissue.

# UNIVERSITY OF ILLINOIS AND BRAIN HEALTH



## Lutein may counter cognitive aging, study finds

Spinach and those look but they a



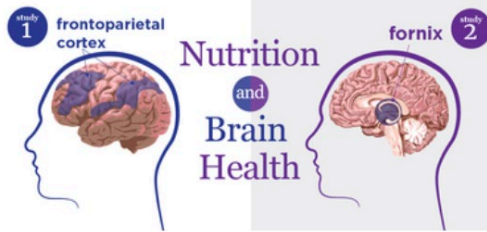
## Studies link nutrient, academic achievement in pre-adolescent children

Researchers can look into you to determine whether you're c  
JUN 20, 20



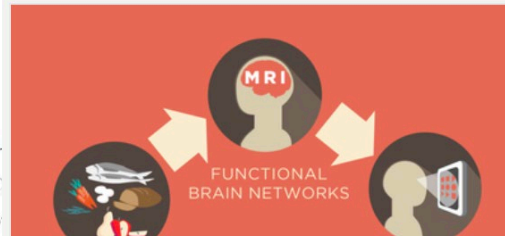
## Experts review evidence yoga is good for the brain

Scientists have known for c that aerobic exercise streng brain and contributes to the  
DEC 12,



## Studies link healthy brain aging to omega-3 and omega-6 fatty acids in the blood

Two new studies link patterns of polyunsaturated fatty acids in the  
MAY 18, 2017 8:30 AM



## Nutrition has benefits for brain network organization, new research finds

A new study found that monounsaturated fatty acids are  
SEP 7, 2017 8:00 AM



## Drinking more water improves multitasking ability in children, study finds

Drinking water not only keeps children hydrated, but also increases  
OCT 28, 2019 9:30 AM

# GROUP ACTIVITY – EVALUATE YOUR SOURCES

- Good:
- <https://cravingsofafoodscientist.com/>
- Bad:
- <https://drmindypelz.com/>

## KEY TAKEAWAYS

- Evaluate your sources!
- Supplements can help fill gaps in your diet, but any claims made by a supplement company should be evaluated by the FDA.
- There are **many** environmental factors which can impact the brain, diet and exercise make up some of those factors.

NEXT SESSION: EARLY LIFE NUTRITION  
AND BRAIN HEALTH

MARCH 18, 2002

TODAY'S SESSION EVALUATION:  
TEXT @NWBI TO 73940  
OR FOLLOW THE QR CODE

