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ENGL110

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Annotated Bibliography

Beilharz, J., Maniam, J., & Morris, M. (2015). Diet-induced cognitive deficits: the role of fat and sugar, potential mechanisms and nutritional interventions. *Nutrients*, *7*(8), 6719–6738. https://doi:10.3390/nu7085307.

The three authors of this article are associated with the Department of Pharmacology, School of Medical Sciences, UNSW Australia. Notes for the article are numerous (126) and substantive, most coming from journals in medical and nutritional fields, thus enhancing the authors' credibility. The authors explore the relationship between intake of high energy (high fat and high sugar) foods and cognitive functions, primarily short and long term memory. They focus on inflammation and neutrotrophic factors as impacts from this kind of diet. Interventions are suggested, including the use of omega-3 and curcumin,

to counter cognitive decline related to food intake. This source will be helpful in identifying cognitive impacts of consuming sugar, as well as options for helping reduce the impairment of memory.

Yeomans, M. (2017). Adverse effects of consuming high fat–sugar diets on cognition: implications for understanding obesity. *Proceedings of the Nutrition Society*, 76(4), 455–465. https://doi.org/10.1017/S0029665117000805.

Martin R. Yeomans is associated with the School of Psychology, University of Sussex, in Brighton, UK. Notes for the article are numerous (125) and substantive, most coming from journals in medical and nutritional fields, thus enhancing the author's credibility. Yeomans explores the idea that overconsumption of diets high in fat and sugar may explain the correlation between obesity and declines in cognitive functions. This work focuses on the impacts to the hippocampus and impaired appetite control, seen in a Vicious Cycle Model, in which appetite control is impaired by the high fat and sugar diets, resulting in increased consumption of poor quality food. Although Yeomans finds verification of the cycle in research involving both humans and animals, he maintains that further research is needed. This source will be helpful in demonstrating how interrelated diet and cognitive functions are and how important it is to limit sugar intake for improved cognitive functions.

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