

# Food Forward

<b>Project Acronym:</b>	<p style="text-align: center;">NUTRIMENTHE</p>	
<b>Project Title:</b>	<p>Effect on diet on the mental performance of children</p>	
<b>Project Aim:</b>	<p>Current evidence on the effect of diet on mental performance is largely based on animal, retrospective studies and short-term nutritional intervention studies in humans. NUTRIMENTHE will significantly improve this knowledge through studying the role, mechanisms, risks and benefits of specific nutrients and food components to respond to specific needs and improve the mental performance of children. The research will include quantification of the nutrient effects of early programming on later cognitive and mental disorders, effects of food on mental state and mental performance such as mood, activation, attention, motivation, effort, perception, memory and intelligence and the effects of food on mental illness.</p> <p>The project aims to:</p> <ul style="list-style-type: none"> <li>• Establish a team of leading international scientists (including paediatricians, neuropsychologists and nutritionists), industrial partners and experts on consumer engagement and economics</li> <li>• Undertake epidemiologic studies to analyse the long-term effects of pre and early postnatal diet on mental performance and mental illness in children</li> <li>• Follow up randomised clinical intervention trials of specific nutrients introduced during pregnancy, infancy and childhood</li> <li>• Assess quantitative requirements of n-3 Long Chain - Polyunsaturated Fatty Acids (LC-PUFAs) in children with restricted diets</li> <li>• Undertake a quantitative assessment of the interaction between nutrition and genetic variation with regards to mental performance</li> <li>• Develop a standard neuropsychological battery for the assessment of mental performance of children in Europe</li> <li>• Develop consistent and clear pan-European dietary recommendations for pregnant women, infants and children</li> <li>• Increase the knowledge and awareness across Europe of parents, health professionals, teachers and food producers on how diet influences mental performance and associated health claims</li> </ul> <p>The project involves 20 organisations from nine countries; Spain, Germany, USA, Poland, Hungary, the UK (Birmingham Children’s Hospital, SHS International, University of Surrey, University of Bristol, Beta Technology), the Netherlands, Belgium and Italy. The project started in March 2008 and is due for completion in February 2013.</p>	
<b>Project Website:</b>	<p><a href="http://www.nutrimenthe.eu">www.nutrimenthe.eu</a></p>	
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