New study into brain food for women

Good nutrition is critical to maintaining physical health however, researchers from Royal Prince Alfred Hospital’s (RPA) Metabolism & Obesity Services and the University of Sydney are trying to determine how nutrition influences brain function in young women.

Chief investigator for the Food, Mood and Mind study, Dr Helen O’Connor, said there was surprisingly limited research in the area.

“Young women have higher requirements for certain nutrients, particularly iron,” Dr O’Connor said.

“Unfortunately, iron is often under-consumed in the diets of young women and evidence suggests that iron and other nutrients, like zinc and omega-3, may be critical for mood and vitality, thinking and problem solving skills.”

The study is looking for healthy young women aged between 18-35 years who are non-smokers, fluent in English and over 80 kg to take part in the study.

Participants undertake a range of computer games while the research team work out how food fuels their thoughts. Participants receive feedback on iron levels, mood, and thought processing.

Participants are required to attend two scheduled visits at either RPA, in Missenden Rd, Camperdown, or The University of Sydney, Cumberland Campus (Lidcombe). They receive a gift card after the second visit.

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