



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Food And Brain: Yin And Yan

2627-122R-07

Title

Food And Brain: Yin And Yan

Teacher(s)

prof.ssa Paola Palestini

Language

italian

Short description

Balanced diet concept with a focus on the Mediterranean and ketogenic diets

Nutrition and brain metabolism: a brief overview of nerve cell biochemistry and how glucose, proteins, fats, and vitamins influence nerve cell function.

The gut microbiota and the gut-brain axis.

Inflammation and oxidative stress, and their role in brain aging.

Brain-friendly foods: omega-3 fatty acids; antioxidant-rich fruits and vegetables; nuts and seeds; whole grains.

Nutrition/diets (MED, ketogenic, MIND, and DASH) and neurological diseases, such as Alzheimer's and Parkinson's.

Nutrition/diets (MED, ketogenic) and epilepsy, autism, and migraines

Supplements and nutraceuticals: which ones have scientific evidence and which ones do not.

Food and mental health, with references to depression, anxiety, and mood.

Foods that can damage the brain: excess sugar; trans and ultraprocessed fats; alcohol abuse; energy drinks; nutritional deficiencies.

CFU / Hours

1 CFU/8 hours

Teaching period

second semester

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING
