

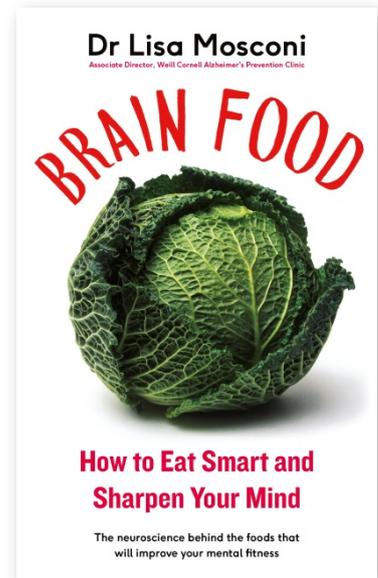
# BRAIN FOOD

## How to Eat Smart and Sharpen Your Mind

Dr Lisa Mosconi

Published by Penguin Life on 8<sup>th</sup> February 2018, Trade  
Paperback, £14.99

**AUTHOR AVAILABLE IN UK w/c 19 FEBRUARY**



*“Just as we would eat differently to slim down than to train for a triathlon, when optimizing for long-term cognitive health, the brain has its own demands. As it turns out, our future lies in our hands – and what’s on our menu.”*

Despite all the advice available on how diet affects our fitness we rarely hear how what we eat and drink affects the health of the body’s hungriest organ – the brain. In her groundbreaking new book, **BRAIN FOOD**, Dr Lisa Mosconi - a qualified neuroscientist and nutritionist – stresses how what we eat well can not only affect our chances of developing dementia, but will also reduce stress, increase happiness and boost memory, **and why we need to make those changes now, whatever our age.**

Dr Mosconi reveals how the nutritional requirements of the brain are substantially different from those of the other organs of the body, and reveals the simple changes we can all make to increase brain function, such as:

- **Drinking more water to prevent brain shrinkage (even a 3% decrease in water intake will cause headaches, fatigue and brain fog)**
- **Eating a Mediterranean-style diet and cooking with extra-virgin olive oil**
- **Drinking red wine for its brain anti-aging properties**
- **Eating dark chocolate to boost happiness**

**BRAIN FOOD** includes an interactive quiz to help you find out whether your diet is ‘brain nutritious’ followed by a bespoke selection of brain-boosting recipes from Avocado Toast to Chickpea Tikka Masala.



**About the Author:** *Dr Lisa Mosconi is the Associate Director of the Alzheimer’s Prevention Clinic of the Department of Neurology at Weill Cornell Medical College, New York, and was the founder and director of the Nutrition and Fitness Lab at New York University. She holds a dual PhD in Neuroscience and Nuclear Medicine from the University of Florence, Italy. **She is available for interview and to write articles.***