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Effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing behaviours

How do diet and lifestyle influence our behaviour?

THE CHALLENGE Maladaptive impulsivity and compulsivity predispose to antisocial and addictive behaviours – with significant social consequences – but the factors influencing such traits are not fully identified or understood.

THE GOAL To investigate which dietary components and lifestyle factors influence our brain function and behaviour - and how.

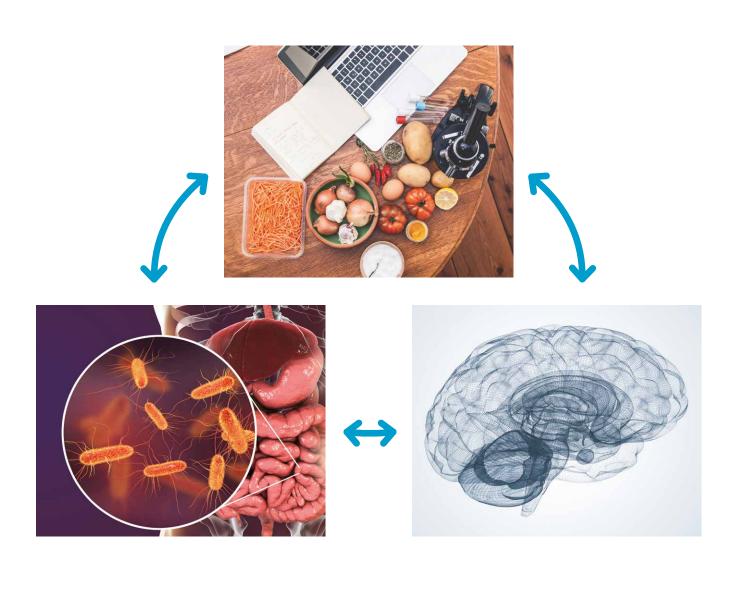
THE PLAN Using the largest existing samples worldwide, Eat2beNice will investigate the association of nutrition components and lifestyle with impulsivity/ compulsivity, focusing on how such associations are moderated by age, culture, sex, socioeconomic status, the gut microbiome and genetics.

THE IMPACT To translate scientific results





General Assembly in Lisbon, November 2019





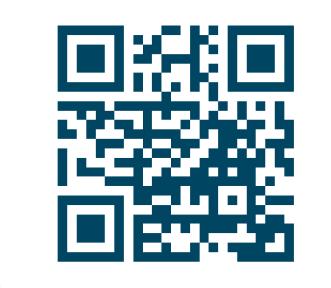
into real-life dietary solutions to help the general public, patients and their families, clinicians, and policy-makers.



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Term:

Radboud University Medical Centre, Nijmegen, The Netherlands 1 September 2017 - 31 August 202<mark>2</mark>





Website:

http://newbrainnutrition.com http://eat2benice.eu

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