



Food and Behaviour Research Conference

Nutrition for behaviour, learning and mood

A professional one-day conference on

Wednesday, 5th May 2010

9am to 4.30pm

at The Carlton Hotel, Edinburgh EH1 1SD



Organised by:

Supported by:



thewaterloofoundation*

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ABOUT THE CONFERENCE

An exceptional opportunity to hear from a panel of top UK experts, researchers and practitioners about how nutrition affects behaviour, learning and mood.

- **How does what we eat affect the way we feel, think and behave?**
 - **What is ADHD? What's the evidence that nutrition can make a difference?**
 - **What are the consequences of our present day diets? Find out the real truth about the food we consume, and what it's doing to our brains and bodies**
 - **Learn how nutrition affects your immune system – critical for your everyday wellbeing, and in preventing allergies and infection**
 - **Omega-3 for the brain – can the right foods really help your memory, and stave off those bad moods?**
 - **How can you encourage healthy food choices for your children and family? Dealing effectively with food culture, 'fussy eating' and food cravings**
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SPEAKERS

Dr Roma Armstrong, (Research and Development, Chief Scientist Office, Scotland; Senior R&D Manager, NHS Greater Glasgow & Clyde Health Board)

'Welcome and Introduction: Scottish Academic Health Sciences Collaboration and the opportunities it offers'

Prof Michael Crawford, (Director, Institute of Brain Chemistry and Human Nutrition, London Metropolitan University)

'Implications of modern-day diets for human brains – what's gone wrong, and how can we put it right?'

Dr Alex Richardson, (Founder Director, FAB Research; Senior Research Fellow, University of Oxford; Author of 'They Are What You Feed Them')

'They are what you feed them: good nutrition leads to better learning'
and **'Food and Mood'**

Rachel Gow, (Dept of Child and Adolescent Psychiatry, Institute of Psychiatry, Kings College, London) **'ADHD – facts, myths and solutions'**

Dr Paul Clayton, (Chair of Forum on Food & Health; Author of 'Health Defence' and 'Pharmageddon') **'Understanding our immune system and how we can prevent allergies and infections'**

Dr Frank Ryan, (Medical Advisor to Sheffield PCT; Honorary Research Fellow in Evolutionary Biology, Sheffield University, and author of 'The Eskimo Diet' and 'Darwin's Blind Spot'; Fellow of the Royal Society of Medicine and Fellow of the Linnean Society of London)

'The brain food diet – how to stay young in mind'

David Rex, (Child Health Dietitian NHS Highland, & Healthy Eating in Schools Co-ordinator) **'Practical Dietary approaches to Autism, ADHD and related conditions. What works in practice?'** and **'The psychology of food choices; putting theory into practice'**

AN ESSENTIAL CONFERENCE FOR:

Education Professionals | Health Professionals | Local Authority Staff | Social Workers | Policy Makers | Caterers | Youth Justice System | Food Manufacturers | Food Marketing Representatives | Voluntary Organisations | Parents | Carers | Media



HOW TO REGISTER AND PAY

Book and pay online at www.fabresearch.org, by telephone on 01463 667318, or complete booking form below (one form per delegate please)

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FAB Associate Members:	Existing Members Only £80	

If paying by cheque, please make payable to 'FAB Research' and post with booking form to **Food and Behaviour Research, The Green House, Beechwood Business Park North, Inverness IV2 3BL.**

If an invoice is required, please complete booking form and email to admin@fabresearch.org with details of where invoice should be sent. Please include a valid purchase order number from your finance department or we will not be able to process your booking.

Terms and conditions: Cancellations confirmed in writing more than 14 days prior to the event will be refunded minus an administration charge of 20%. We regret that no refund can be made after that date, for whatever reason, although substitutions may be accepted if notified in writing before the event. The organisers reserve the right to substitute speakers or venue and make changes to the programme as and where required.