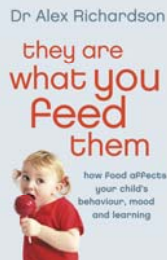




Food For Thought

How diet can affect mood, behaviour and everyday performance



Presentation followed by Supper with

Dr Alex Richardson

- International research leader in this field, University of Oxford
- Founder Director of the charity Food and Behaviour Research
- Author of **'They Are What You Feed Them'** (Harper Thorson, 2006)

What's the evidence? Sorting facts from myths about food and diet

- Can some foods or additives really affect children's behaviour and learning?
- What are 'Omega-3'? And which ones could help your mood and memory?
 - Butter or margarine: Which is better for you, and why?
 - Eating for sustained energy and concentration: the golden rules
 - Brain-damaging foods to avoid: and healthier, tastier alternatives
 - Your own questions answered

MONDAY 16TH JULY

**The Paramount Palace Hotel
Buxton, SK17 6AG**

Reception 6.30 pm • Presentation 7.00 pm • Supper 8.30 pm

Tickets: £20 Single £35 Double

An awareness and fundraising event – all proceeds to the charity FAB Research

Food And Behaviour Research
www.fabresearch.org

Tickets available locally from: The Palace Hotel - T: 01298 22001
Mr Yannick Schneider - T: 01298 25148

or: Food And Behaviour Research T: 01463 667318 E: admin@fabresearch.org