

Effects on the nervous system

Alterations in CNS functions

- Neurotransmitter release
- LTP and LTD
- Production of neurotrophic factors
- Hormone release

Neurodegenerative pathologies

- Multiple Sclerosis
- Alzheimer's disease
- Parkinson's disease
- Stroke

Psychiatric disorders

- Anxiety
- Depression
- Autism
- ADHD

Effects on the immune system

Cytokines and chemokines

- IL-1 β , TNF α , IFN γ , IL-6, IL-17
- IL-10, TGF β
- CCL1, CCL2

Effects on antigen presentation

- Expression of MHC-I and II
- Costimulatory molecules

Effects on lymphocyte functions

- Th1, Th17, Treg cell differentiation
- T and NK cell cytotoxic activity
- B cell differentiation
- Antibody production

Effects on microbial metabolites

- Bile acids
- Short-chain fatty acids
- Aryl hydrocarbon receptor ligands
- Adenosine triphosphate
- Lipopolysaccharide
- Polysaccharide A
- Neurotransmitters

Effects on the microbiome

Changes in intestinal bacteria

- Akkermansia
- Bifidobacterium
- Bacteroides
- Clostridium
- Escherichia
- Lactobacillus
- Prevotella



Western-type diets

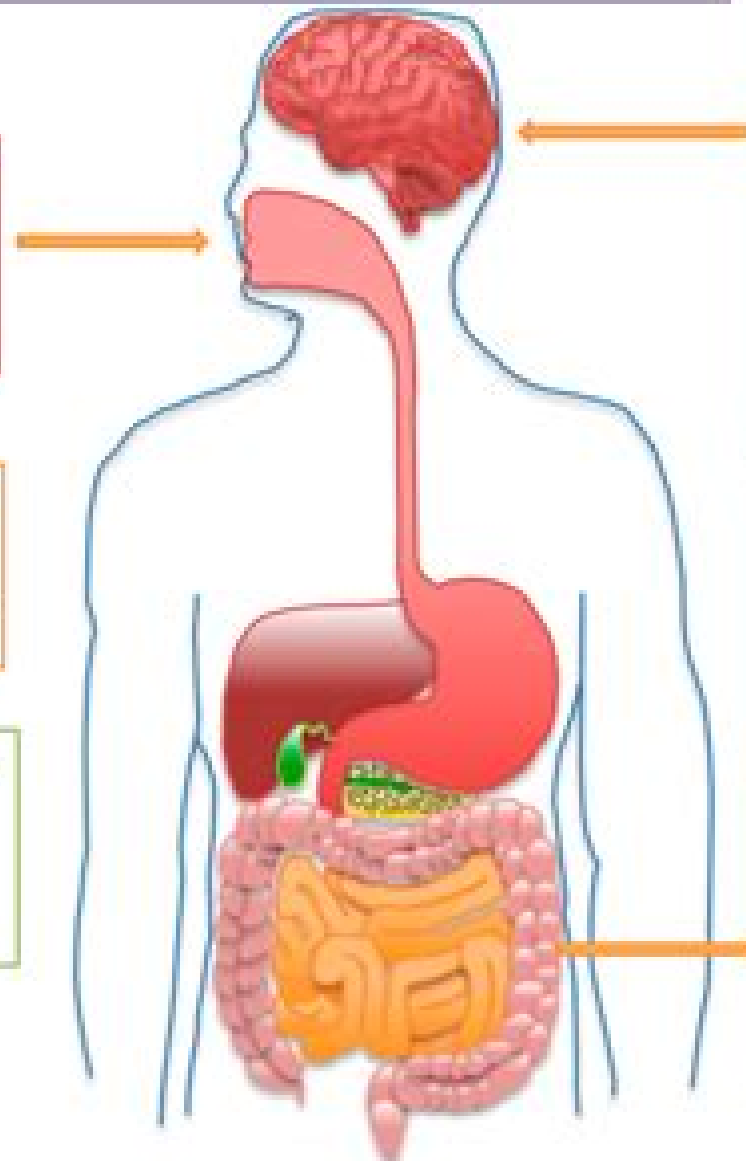
- ↑ Saturated fatty acids
- ↑ Red meat protein
- ↑ Sugar and salt
- ↓ Fibre
- ↓ Fruit and vegetables

Asian diets

- ↑ Root vegetables
- ↑ Cereals
- ↑ Protein from fish and soy
- ↑ Algae

Mediterranean diets

- ↑ Fibre
- ↑ Fruit and vegetables
- ↑ Whole-grain cereals
- ↑ Protein from fish
- ↑ Unsaturated fatty acids



Nutrition And Central Nervous System Function

Michael Rajnik



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