

## ICCN Poster Presentations

### The merging of neurobehavioural and nutritional sciences

#### **Knowledge, attitudes and practices (KAP) of diet prescription among university students of Ahwaz, Iran**

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**Objective:** This study was conducted to determine KAP of diet prescription among male and female university students of Ahwaz, one of the 7 major cities of Iran.

**Design:** KAP questionnaires which contained information about nutrients, food groups, weight loss/gain and obesity were completed by students.

**Subjects:** 257 healthy male students ( $21 \pm 1.2$  y) and 266 healthy female students ( $21 \pm 0.8$  y) were recruited from all faculties of the city.

**Results:** 94% of female students were on diet vs 17% of male students. Only 32% of female students utilized dietitians compared with 8% of male students. Of the subjects, 43% reported that genetic inheritance is the first cause of obesity vs 25% for dietary factors and 4% for psychological factors. 30% realized protein as the most important factor in an appropriate dietary pattern in compared with 4% for fat.

**Conclusion:** All of the male and female subjects needed more nutritional information. It is necessary for educational authorities and dietitians to accelerate their efforts to students for providing sound nutrition information.

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#### **Effects of breakfast on memory in healthy young adults**

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**Background:** Carbohydrate and protein drinks have been shown to improve memory in healthy young adults at breakfast. However whether these effects are related to elevations in blood glucose or to provision of energy or to taste stimulation is unknown.

**Objective:** The objective of this study was to determine the different effects of isoenergetic carbohydrate or protein drinks compared with placebo (Sodium Saccharin) drink on memory in healthy young adults at breakfast.

**Design:** After an overnight fast, 20 healthy male and female, aged  $22 \pm 1.2$  y consumed 50 g carbohydrate (Glucose) or 50 g protein (Casein) or a placebo (50 g water and 3mg Sodium Saccharin) on 3 separate mornings. Short term memory tests were administered before and 60 min after ingestion of drinks. Plasma glucose was also measured.

**Results:** The memory performance enhanced significantly in glucose ( $P < 0.0001$ ), protein ( $P < 0.0001$ ) and placebo ( $P = 0.01$ ) drinks. Only in glucose breakfast, the variation in blood glucose levels was correlated to memory score elevation ( $r = 0.541$ ,  $P = 0.014$ ).

**Conclusions:** Like glucose and protein drinks, the consumption of an energy free drink (50 g water and 3mg Sodium Saccharin) can enhance memory 60 min after ingestion, independently of blood glucose increase or provision of energy in healthy young adults at breakfast.