

# Preface

In this book the Editors aims to disseminate important data pertaining to the modulatory effects of foods and nutritional substances on behavior and neurological pathways and visa versa. This ranges from the neuroendocrine control of feeding to the effects of disease on the brain. The importance of this book pertains to the fact that food is an essential component of cultural heritage but the effects of perturbations in the food-cognitive axis can be quite profound. The complex inter-relationship between neuropsychological processing, diet and behavioural outcome is explored within the context of the most contemporary psychobiological research in the area. This comprehensive psychobiologically and pathology-themed text examines the broad spectrum of diet, behavioural and neuropsychological interactions from normative function to occurrences of severe and enduring psychopathology. The Editors have taken a scientific and objective stand and included chapters that scrutinize the relationships between the brain, behaviour, food and nutrition in a scientific and rational way.

In very simple terms this books addresses limitations in other works that may individually look at the one-way-traffic of either food and behavior. This book examines via two-way-traffic at multiple levels. For example, it examines at both preclinical and clinical levels, genes and populations, and how (a) components in food will affect our sensory responses and (b) how our behavior and sensory responses affect what foods we eat, their pattern of consumption and so on. This book consists of over 200 chapters, and is conveniently divided into 5 main sections to represent the various specialty areas, namely:

*General, normative aspects and overviews*

*Pathological and abnormal aspects*

*Specific conditions and diseases*

*Changing eating behaviour and attitudes*

*Selective methods*

The Editors recognize the difficulty in assigning chapters to specific sections. For example in order to describe normative features, abnormal aspects of diet and behavior may also be described. Chapters on food choice may have coverage on the developing brain, behavior and neuroendocrinology. Thus, some chapters can potentially be assigned to several sections. However, this is resolved with the excellent indexing systems that Springer is renowned for. The chapters are well illustrated with numerous tables and figures.

This book represents a multidisciplinary “one-stop-shop” of information with suitable indexing of the various pathways and processes. The chapters are written by

national or international experts or specialists in their field. The Editors recognize that very often experts in one field may be novices in another. To bridge this knowledge-divide the authors have incorporated sections on “Applications to other areas health and disease”, “Key Facts or Features” and “Summary Points” This reference book is for nutritionists, dietitians, food scientists, behavioral scientists, psychologists, doctors, nurses, physiologists, health workers and practitioners, college and university teachers and lecturers, undergraduates and graduates.

Handbook of Behavior, Food and Nutrition

Preedy, V.R.; Watson, R.R.; Martin, C.R. (Eds.)

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