



Annick Huberts-Bosch MSc (Karakter, Radboud University, NL) who has been working on the TRACE <https://newbrainnutrition.com/?s=trace> & Eat2BeNice <https://newbrainnutrition.com/> Research Projects presenting **What's better for children with ADHD: healthy diet, elimination diet, or just standard care?**

At 14h15 CET, Paris <https://www.timeanddate.com/worldclock/meeting.html> . No registration required.

To view the full programme of our mini-congress visit <https://adhdeurope.eu/events-webinars/>

What is the Eat2beNice Project all about? THE LINK BETWEEN THE GUT MICROBIOTA, DIET, EXERCISE AND BRAIN HEALTH. The Eat2BeNice project is an EU- funded medical consortium that studies the connections between gut microbiota, diet, and exercise to formulate nutrition and lifestyle recommendations for brain health. Early research has shown evidence of a sizeable impact of nutrition on behaviours such as impulsivity and compulsivity. We are therefore interested in studying how dietary components (including sugar, fat and protein content, vitamin and mineral supplements, food additives and probiotics) and lifestyle factors (including exercise) influence people's overall health, brain function and behaviour. The project aim's aim to

- identify nutritional drivers and lifestyle variations that could prevent harmful effects on impulsivity and compulsivity across the lifespan. This will enable them to better understand the paths leading to impulsivity and compulsivity in the brain via the gut (microbiota and their metabolic effects).
- promote societal changes that will counteract maladaptive impulsivity and compulsivity by bringing evidence-based information about health-related behaviours to families, clinicians, policymakers and the general public.

These articles may be of interest to you with thanks to the Eat2BeNice. Get up-to-date information on twitter to retweet to your network - Tag us on Twitter @ADHD_Europe or Retweet @NewBrainNutri content! <https://newbrainnutrition.com/>

Does impulsivity increase unhealthy eating behaviors and are there any differences between men and women? <https://newbrainnutrition.com/does-impulsivity-increase-unhealthy-eating-behaviors-and-are-there-any-differences-between-men-and-women/>

Probiotics can alleviate the effects of stress on cognition in healthy women

<https://newbrainnutrition.com/probiotics-can-alleviate-the-effects-of-stress-on-cognition-in-healthy-women/>

Differences in Mental Health between men and women

<https://newbrainnutrition.com/differences-in-mental-health-between-men-and-women/>

The neural mechanisms of emotion regulation impairment in women with obesity

<https://newbrainnutrition.com/a-multimodal-mri-study-of-the-neural-mechanisms-of-emotion-regulation-impairment-in-women-with-obesity/>

Binge eating disorder

<https://newbrainnutrition.com/binge-eating-disorder/>

Why everyone should know about type 2 diabetes and co-occurring psychiatric symptoms

<https://newbrainnutrition.com/why-everyone-should-know-about-type-2-diabetes-and-co-occurring-psychiatric-symptoms/>

How Gender Effects Your Behaviour and Gut

<https://newbrainnutrition.com/how-gender-effects-your-behaviour-and-gut/>

Why you should limit added sugar in your diet

<https://newbrainnutrition.com/why-you-should-limit-added-sugar-in-your-diet/>

Diabetes and being overweight are linked to worse cognitive performance in elderly people

<https://newbrainnutrition.com/diabetes-and-being-overweight-are-linked-to-worse-cognitive-performance-in-elderly-people/>

Everything you didn't know about ADHD

<https://newbrainnutrition.com/everything-you-didnt-know-about-adhd>

More information about Clinical Trials and Scientific Studies

How to navigate in a world that is constantly reporting scientific findings?

<https://newbrainnutrition.com/how-to-navigate-in-a-world-that-is-constantly-reporting-scientific-findings/>

18 European Medical Partners Study Links between Mental Health and Nutrition

<https://newbrainnutrition.com/18-european-medical-partners-study-links-between-mental-health-and-nutrition/>

There is no time like the present – cognitive biases and the need for real-time data

<https://newbrainnutrition.com/there-is-no-time-like-the-present-cognitive-biases-and-the-need-for-real-time-data-2/>

ADHD-Europe Mini-Congress 9th April 2022 – Live From Cyprus

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Why everyone should know about type 2 diabetes and co-occurring psychiatric symptoms

<https://newbrainnutrition.com/why-everyone-should-know-about-type-2-diabetes-and-co-occurring-psychiatric-symptoms/>

Differences in the Microbiota of Patients with ADHD (Attention Deficit/Hyperactive Disorder)

<https://newbrainnutrition.com/differences-in-the-microbiota-of-patients-with-adhd-attention-deficit-hyperactive-disorder/>

Mobile App tracks food intake, physical activity, and behavior successfully

<https://newbrainnutrition.com/mobile-app-tracks-food-intake-physical-activity-and-behavior-successfully/>

We are what our bacteria eat

<https://newbrainnutrition.com/we-are-what-our-bacteria-eat/>

Effects of psychosocial intervention on obesity and metabolic syndrome

<https://newbrainnutrition.com/effects-of-a-psychosocial-intervention-at-one-year-follow-up-in-a-predimed-plus-sample-with-obesity-and-metabolic-syndrome/>

Why scientists can't just tell you what to eat

<https://newbrainnutrition.com/why-scientists-cant-just-tell-you-what-to-eat/>

Not to be missed! Share this announcement to your friends, family, colleagues !

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If you can afford to, please consider making a donation to ADHD Europe – every euro makes a difference! Donations will be used to raise awareness of the work that still needs to be done for ADHD in Europe and globally. Donations are via this [paypal link](#).

More information about ADHD Europe, visit www.adhdeurope.eu . To catch up on our previous live events, visit our YouTube channel <https://www.youtube.com/c/broadcastingadhdeurope>

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