

Mat och mental prestation, referenser

Aggett P (2004). Functional effects of food: What do we know in children? *Br J Nutr*, 92; Suppl 2; S223-S226

Bellisle, F. (2004). Effects of diet on behaviour and cognition in children, *British Journal of Nutrition*, 92 (2): 227-232.

Beydoun MA, Kaufman JS, Satia JA, Rosamond W, Folsom AR. Plasma n-3 fatty acids and the risk of cognitive decline in older adults: the Atherosclerosis Risk in Communities Study. *Am J Clin Nutr*. 2007;85(4):1103-11.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=17413112&query_hl=8&itool=pubmed_docsum

Chitra U och Reddy CR (2007). The role of breakfast in nutrient intake of urban schoolchildren. *Public Health Nutrition*, 10: 55.8.

Dani J, Burrill C, Demmig-Adams B (2005). The remarkable role of nutrition in learning and behaviour, *Nutrition & Food Science*, 35; 258-263

Dye L, Lluch A & Blundell JE. (2000). Macronutrients and mental performance. *Nutrition*, 16: 1021-34

Fernard L, Ani CC, Grantham-mcgregor S. (1997). Does school breakfast benefit children's educational performance? *Afr Health*, 19 (6): 19-20

Fischer K, Colombani PC, Langhans W och Wenk C (2001). Cognitive performance and its relationships with postprandial metabolic changes after ingestion of different macronutrients in the morning. *British Journal of Nutrition* 85: 393-405

Florence, MD, Asbridge M & Veugelers PJ (2008). Diet quality and academic performance, *Journal of School Health*, 78: 209-215.

Food assistance and Nutrition Research programme
<http://www.ers.usda.gov/publications/efan01013/efan01013.pdf>

Hye-Young PK, Frongillo EA, Sung-Sook H, Se-Young O, Woo-Kyung K ym.
Academic performance of Korean children is associated with dietary behaviours and physical status. *Asia Pacific J Clin Nutr* 2003;12:186-192.

Institut for Human Ernæring, Det Biovidenskabelig Fakultet, Københavns Universitet
Januar 2009: *Udredningsopgave for Fødevarerstyrelsen: Kostens betydning for læring og adfærd hos børn. En gennemgang af den videnskabelige litteratur.*
http://www.altomkost.dk/Services/Nyhedsrum/Nyheder/2009/ny_rapport_viser_sammenhæng_mellem_kost_og_læring_hos_boern.htm

Kennedy E, Davis C (1998). US Department of agriculture school breakfast program. *Am J Clin Nutr*, 67 (suppl): 798S-803S

Kleinman RE, Hall S, Green H, Korzec-Ramirez D, Patton K, Pagano ME och Murphy JM (2002). Diet, breakfast and academic performance in children. *Nutrition and Metabolism*. 46: 24-30.

Lieberman, HR (2003). Nutrition, brain function and cognitive performance. *Appetite*, 40; 245-254

Lopez-Sobaler AM, Ortega RM, Quintas ME, Navia B, Requejo AM. Relationship between habitual breakfast and intellectual performance (logical reasoning) in well-nourished schoolchildren of Madrid (Spain). *Eur J Clin Nutr*. 2003 Sep;57 Suppl 1:S49-53.

Nordlund G & Jacobsson T (1997). Högstadienheten. Högstadielärovernas måltidsvanor relaterat till hur de mår och känner sig i skolan, deras skolprestationer och sociala bakgrund. Umeå Universitet, Pedagogiska rapporter, 1997, nr 53.

Nabb S och Benton D (2006). The influence on cognition of the interaction between the macro-nutrient content of breakfast and glucose tolerance. *Physiology and Behaviour*, 87: 16-23

Papanikolaou Y, Palmer H, Binns MA, Jenkins DJ och Greenwood CE (2006). Better cognitive performance following a low glycaemic-index compared with a high-glycaemic-index carbohydrate meal in adults with type 2 diabetes. *Diabetologia*. 49: 855-62

Pollitt E, Cueto S, Jacoby ER (1998). Fasting and cognition in well- and undernourished schoolchildren: a review of three experimental studies. *Am J Clin Nutr*; 67 (suppl): 779S-784S

Pollitt E, Mathews R (1998). Breakfast and cognition: an integrative summary. *Am J Clin Nutr*; 67 (suppl): 804S-813S.

Richter LM, Rose C & Griesel RD. (1997). Cognitive and behavioural effects of a school breakfast. *S Afr Med J*, 87 (1 suppl): 93-100.

Sünram-Lea SI, Foster JK, Durlach P och Perez C (2001). Glucose facilitation of cognitive performance in healthy young adults: examination of the influence of fast-duration, time of day and pre-consumption plasma glucose levels. *Psychopharmacology*, 157: 46-54.

Vaisman N, Voet H, Akivis A, Vakil E. (1996). Effect of breakfast timing on the cognitive functions of elementary school students. *Arch Pediatr Adolesc Med*. 1996 Oct 150 (10): 1089-92

Wesnes, KA, Pincock C, Richardson D, Helm G & Hails S (2003). Breakfast reduces declines in attention and memory over the morning in schoolchildren. *Appetite*, 41; 329-331.

Wyon DP, Abrahamsson L, Jartelius M, Fletcher RJ. An experimental study of the effects of energy intake at breakfast on the test performance of 10-year-old children in school. *Int J Food Sci Nutr*. 1997 Jan;48(1):5-12.