

Fit Or Fat Target Diet

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Food and mood: how do diet and nutrition affect mental wellbeing...

meals rich in saturated fat appear to stim - ulate immune activation.¹³
15 Indeed, the inflammatory effects of a diet high in calo- ries and saturated fat have been proposed as one mechanism through which the West - ern diet may have detrimental effects on brain health, including cognitive decline, hippocampal dysfunction, and damage to the blood-brain barrier. 15 Since various mental ...

Updating of the Philippine Food Exchange Lists for Meal Planning
The target population was users of FEL in the Philippines. The RNDs were initially targeted as respondents, but the addition of student respondents was later on considered as users of FEL in school. The inclusion criteria for FEL users were any of the following: 1) RND staff in hospitals and wellness centers, 2) teachers of major nutrition courses

