

THE INFLUENCE OF UNHEALTHY DIET ON CENTRAL NERVOUS SYSTEM

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Summary

Appropriate diet is a crucial factor for maintaining normal function of the nervous system. The diet should be rich in all the essential nutrients in suitable proportions. Contemporary diets, however, are often too rich in fat and sugar, and thus poorly balanced. This can lead to very serious health and life consequences and is a major factor inducing growth of the epidemic of overweight and obesity. It can lead among other things to cardiovascular disease, diabetes and liver dysfunction. Bad eating habits can also lead to disturbances in the functioning of the nervous system, including stroke, food addiction, neurodegenerative disorders and cognitive disorders. Oxidative stress, loss of brain-blood barrier integrity, dysfunction of gluco-regulation and changes in the level of proteins related to learning and memory are the major findings from studies of molecular basis of changes in cognitive performance associated with high fat and high sugar diet.