

**Applicant**

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**Project Title**

Nutrition and environmental factor: What are the impacts on cognition after a traumatic brain injury?

**Project Summary**

There is an increasing interest in the role of diet and nutrition in neuropsychiatric disorders and cognitive functioning. Studies are still controversial about the potential impact of nutrients and diet on brain functioning. Some studies have shown that adequate levels of some vitamins can be preventive of cognitive decline after a traumatic brain injury. So far, little is known about preventive factors for cognitive impairments after a traumatic brain injury and this topic is still quite controversial. Understanding more about how diet and nutrients can impact cognitive functioning using a population-based sample that examines food intake and nutritional levels during the period of time of a concussion may lead us to new understanding about preventive measures for the cognitive consequences of a traumatic brain injury.

**Keywords**

Nutrition, Cognition, Executive function, Traumatic brain injury, Attention, Memory