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Nutrition, Learning and Behavior

Books and Book Chapters (in order by year)

Malnutrition and Infection in the Classroom. Ernesto Pollitt. Paris: United Nations Educational, Scientific and Cultural Organization. 1990. 175 pp.

"Diet and behavior." Betty Lucas. In: *Nutrition in Infancy and Childhood.* Peggy L. Pipes. Pat Coryell (ed.). St. Louis, Missouri: Times Mirror/Mosby College Publishing. 1989. pp. 387-401.

The Relationship Between Nutrition and Learning. A School Employee's Guide to Information and Action. Lynn Parker. Washington, DC: National Education Association. 1989. 43 pp.

"Behavior." In: *The Surgeon General's Report on Nutrition and Health.* United States Department of Health and Human Services, Public Health Service. Washington, DC: United States Government Printing Office. Publication No. 88-50210. 1988. pp. 509-530.

"Diet and behavior." In: *Diet and Health.* Council for Agricultural Science and Technology. Report No. 111. March 1987. pp. 51-54.

Nutrition, Diet, and Your Child's Behavior. J. Gordon Millichap. Springfield, Illinois: Charles C. Thomas. 1986. 165 pp.

Relationships of Hunger and Malnutrition to Learning Ability and Behavior. Suzanne Pelican, et al. Lakeland, Florida: The Florida Department of Citrus. 1982. 23 pp. (Available from Florida Department of Citrus, P.O. Box 148, Lakeland, FL 33802.)

The resources listed are judged to be accurate, readable, and available. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

Journal Articles (in order by year)

- "Diet and behavior." Sheila Williams and Rob McGee. *New Zealand Medical Journal*, 102(876):499-500. September 27, 1989.
- "Effects of missing breakfast on the cognitive functions of school children of differing nutritional status." Donald T. Simeon and Sally Grantham-McGregor. *American Journal of Clinical Nutrition*, 49:646-653. 1989.
- "Nutrition and behavior." Betsy Lozoff. *American Psychologist*, 44(2):231-236. February 1989.
- "School breakfast program and school performance." Alan F. Myers, et al. *American Journal of Diseases of Children*, 143:1234-1239. 1989.
- "Search for nutritional confounding factors in the relationship between iron deficiency and brain function." Leif Hallberg. *American Journal of Clinical Nutrition*, 50:598-606. 1989.
- "Effect of vitamin and mineral supplementation on intelligence of a sample of school children." David Benton and Gwilym Roberts. *The Lancet*, 1(8578):140-143. 1988.
- "A behavioral review of trace element deficiencies in animals and humans." Edward S. Halas and Marilou J. Eberhardt. *Nutrition and Behavior*, 3:257-271. 1987.
- "Nutrition and behavior 1: allergies and additives." Eleanor N. Whitney and Linda K. DeBryune. *Nutrition Clinics*, 1(5):1-11. 1987.
- "Nutrition and behavior 2: nutrient deficiencies and sugar." Eleanor N. Whitney and Linda K. DeBryune. *Nutrition Clinics*, 1(5):12-30. 1987.
- "Reactions to dietary tartrazine." T. J. David. *Archives of Disease in Childhood*, 62:119-122. 1987.
- "The effect of diets rich in and free from additives on the behavior of children with hyperkinetic and learning disorders." Mortimer D. Gross, et al. *Journal of the American Academy of Childhood and Adolescent Psychiatry*, 26:53-55. 1987.
- "The magic cure: a review of the current controversial approaches for treating learning disabilities." Larry B. Silver. *Journal of Learning Disabilities*, 20(8):498-504, 512. 1987.
- "Carbohydrate intake and children's behavior." Markus J. P. Kruesi. *Food Technology*, pp. 150-152. January 1986.

- “Claims of antisocial behavior from consumption of sugar: an assessment .” Alfred E. Harper and Dean A. Gans. *Food Technology*, pp. 142-149. January 1986.
- “Diet and human behavior: how much do they affect each other.” Markus J. P. Kruesi and Judith L. Rapoport. *Annual Review of Nutrition*, 6:113-130. 1986.
- “Dietary characteristics of hyperactive and control boys.” Mark L. Wolraich, et al. *Journal of The American Dietetic Association*, 86:500-504. April 1986.
- “Effects of sugar ingestion on the classroom and playgroup behavior of attention deficit disordered boys.” *Journal of Consulting and Clinical Psychology*, 54(5):714-118. 1986.
- “Food and food constituents that affect the brain and human behavior.” Harris R. Lieberman and Richard J. Wurtman. *Food Technology*, pp. 139-141. January 1986.
- “Malnutrition-a neglected cause of learning failure.” Janina Galler. *Postgraduate Medicine*, 80(5):225-230. October 1986.
- “The food additive-free diet in the treatment of behavior disorders: a review.” Esther H. Wender. *Journal of Developmental and Behavioral Pediatrics*, 7(1):35-42. February 1986.
- “Behavioral effects of caffeine in children. Relationship between dietary choice and effects of caffeine challenge.” *Archives of General Psychiatry*, 41:1073-1079. 1984.

Contacts for Assistance

Local Contacts (listed in telephone directory)

Ask for the:

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| Health Department (city, county or state) | Public Health Nutritionist |
| Extension Service (state) | Home Economist |
| Hospital (children’s hospital) | Registered Dietitian |
| College or University: | |
| Department of Home Economics, Nutrition, Dietetics or Education | Nutrition Instructor |
| Dietetic association (state or regional chapter) | Dietitian |
| Department of Education (state) | Nutrition Educator or Vocational Home Ec. Dept. |

National Contacts

National Health Information Clearinghouse, ODPHP, P.O. Box 1133, Washington, DC 20013. Toll free number: 1-800-336-4797; Washington Metropolitan Area: (202) 429-9091; Virginia: (703) 522-2509.

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- Dr. Esther H. Wender, M.D., Schneider Children's Hospital, New Hyde Park, NY 11042.

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