

Food for the Brain Foundation

We are a not-for-profit charity wishing to create a future where the importance of nutrition in optimising mental wellbeing and brain health, as a means of both prevention and treatment, is understood by all and implemented by many.

SCIENTIFIC ADVISORY BOARD

Our advisors are a world class team of leading scientists who are committed to reducing mental illness, including Alzheimer's disease risk.



Professor Emeritus David Smith
University of Oxford and former Deputy Head of the Faculty of Medical Science.



Professor Jin-Tai Yu
Vice Director of the Institute of Neurology, Fudan University, Shanghai, China.



Professor Peter Garrard
Director of the dementia research group in the St George's, University of London Neuroscience Research Section (Molecular and Clinical Sciences Research Institute), specialising in dementia and cognitive disorders.



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Director of the Mental Health and Nutrition Research Lab, University of Canterbury, New Zealand, specialising in children's mental health and nutrition.



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Division of Endocrinology, University of California and Member of the Institute for Health Policy Studies at the University of California, San Francisco.



Professor Jeremy Spencer
Professor of Nutritional Biochemistry and Medicine at the University of Reading.



Dr Celeste De Jager Loots
Expert in neuropsychological assessment and development & validation of cognitive tests.



Professor William S Harris
Department of Medicine, Sanford School of Medicine at the University of South Dakota and President of the Fatty Acid Research Institute and been a leading researcher in the omega-3 fatty acid field for 40 years.



Dr Tommy Wood
Associate Professor of Pediatrics and Neuroscience at the University of Washington, Seattle.



Dr Simon Dyall
Clinical Neuroscience programme lead at the University of Roehampton and a Director of the International Society for the Study of Fatty Acids and Lipids.



Dr David Vauzour
Senior Research Fellow and Principal Investigator at Norwich Medical School, University of East Anglia, UK specialising in diet, gut health and the brain.



Dr Victoria Sampson
BDS (Lond) MFDS RCS is a functional dentist and researcher



Dr William Grant
Expert in the the role of solar UVB exposure and vitamin D in reducing the risk of disease, including dementia.



Professor Stephen Cunnane
Chair in Ketotherapeutics at the Research Center on Aging, Sherbrooke University.



Patrick Holford
Founder of the charity, a psychologist, turned nutritionist and retired visiting professor, specialising in nutrition and mental health, author of 46 books and is in the Orthomolecular Medicine Hall of Fame. In 1984 he founded the Institute for Optimum Nutrition. Patrick is the Chair of the Scientific Advisory Board.