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Annotated Bibliography: Critique on Sources for an Essay on the Correlation of Nutritional Trends and
Neurological Health

Hopf, Sarah-Marie. "You Are What You Eat: How Food Affects Your Mood." *Dartmouth*

Undergraduate Journal of Science, 2011. Hopf's work is a secondary source article that assembles an ample number of reliable sources to evaluate how diet can impact emotions, superficially mentioning how nutrition affects the development of neurological disorders in the process. Incorporated into the article are mentions of several overarching theories of diet's impact on the brain along with the analysis of several the impacts of several food groups on the brain in terms of emotions. Despite the material's somewhat direct applicability to this work, the article's authority is concerningly ambiguous. At the time this article was published, Hopf was either a first or second year undergraduate student. Additionally, being that the article is published in an undergraduate journal also hinders the article's reliability in the academic setting. This is certainly hindering to the article's authority and reliability. Furthermore, the article does not have an academically formal layout and is somewhat colloquial in style, suggestive of its unreliability. In general, this article does incorporate reliable sources to draw conclusions on relevant subject matters, but lacks authority and therefore is not academically significant.

Leyse-Wallace, Ruth. *Linking Nutrition to Mental Health*. iUniverse, 2008. Leyse-Wallace's prominence in clinical dietetics grants her outline of how metabolism of nutritional

macromolecules affects neuropsychological conditions ample authority to have been significant in its time. Within the book, it is considered how our brains interact with the food we eat in regard to psychological disorders. A major concern with this work is its currency. Having been published in 2008, its content is significantly outdated; therefore, the reliability of the work as a whole is questionable. Moreover, the main focus of the work is the effect of metabolic disorders on mental health and little attention is paid to how typical metabolism impacts the brain in general. This limited perspective hinders the book's relevance to this topic. Additionally, Leyse-Wallace sparsely uses outside reference to develop her ideas, potentially implying bias speculation on her part in some controversial aspects of the work. In general, this work is not appropriate for a current academic audience and lacks relevance, thus it holds little significance in terms of this topic.

Li, Q., and J.-M. Zhou. "The Microbiota–Gut–Brain Axis And Its Potential Therapeutic Role In Autism Spectrum Disorder." *Neuroscience*, vol. 324, 2016, pp. 131-139. *Academic Search Complete*. Web. 22 Nov. 2016. Li and Zhou's position at Shanghai Jiaotong University gives them ample authority to assemble this secondary source article evaluating how "a disorder of the microbiota-gut-brain axis is emerging as a prominent factor in the generation of autistic behaviors" (131). The article first briefly discusses the mechanisms by which gastrointestinal factors can affect the development of Autism Spectrum Disorder and continues on to discuss how diet can influence these gastrointestinal factors. According to the article, the primary mechanism of diet's neurological influence is through the gastrointestinal system's microbiota. The article's sources are well documented and reputable, and the work in general is obviously fit for

use in an academic setting in terms of its tone and format. The fact the article was recently published in such a prominent journal solidifies its reliability. However, though the article discusses dietary impacts on the brain, the impacts are only discussed in terms of Autism Spectrum Disorder. This limited consideration of dietary impact of neurological health limits the article's relevance to this topic.

Liebman, Bonnie. "The Changing American Diet." *Nutrition Action Health Letter*, vol. 43, no. 8, 2016, pp. 8-9. *Academic Search Complete*. 28 Nov. 2016. Liebman's article is a secondary source report on the observed changes in the American diet from 1970 through 2010. The article provides visual representations as well as commentary on the consumption of foods in seven categories. The trends in consumption in each category are also assigned a letter grade for general comparison. While Liebman's work is a current, somewhat unbiased analysis of American dietary trends, the reliability of her work is uncertain as no references are mentioned, the method used to arrive at the letter grades is unclear, and the article's overall style and tone are suggestive of its intention for a nonacademic setting; therefore, its objective of providing reliable information on dietary trends is unobtained. Despite containing a significant amount of specific data, the article lists no source of the information; moreover, the information is presented in an inappropriately colloquial manner. The lack of references and informal tone make the article unfit for academic purpose. Beyond this, the method used to assign the letter grade for each category is not specified. Given that these grades may have been based on a standard for consumption set by Liebman herself, the ambiguity of grades is also a potential outlet of bias within the article. While the information presented in the article is

of significant value in the study of American dietary trends, the article's many downfalls diminish its overall significance.

Perlmutter, David, and Kristin Loberg. *Brain Maker*. Little, Brown and Co., 2015. As a board-certified neurologist, fellow of the American College of Nutrition and renown author on the topic of nutritional macromolecules' effects on brain health, Perlmutter's authority on this topic grants his work a great deal of significance. The book offers a molecular viewpoint of the effects of gluten on the brain by outlining the impact gut microbiota have on neurophysiology, placing a heavy emphasis on the neurological consequences of inflammation caused by gluten containing foods. The currency of the work and the reputability of the many cited works contributes to the books credibility and reliability. However, while the book does offer a thorough explanation of physiological processes, it is not intended for an academic audience and has a notably formal tone. Moreover, the work is able to be regarded as somewhat bias and speculative at times. Nevertheless, Perlmutter's work is still of great significance and value to this topic.

Rebala, Pratheek. "Inside the Changing American Diet." *Time.Com*, 2014. *Academic Search Complete*. 28 Nov. 2016. This article is an analysis of the trends in consumption of foods in six categories from 1970 through 2010. The analysis of each category is thorough and commentary in included citing all sources. The legitimacy of its sources aid the article's reliability. However, this article's intended audience appears to be the general population. Despite this, the information contained is still significant. Furthermore, Rebala, an undergraduate intern for Time Magazine studying international affairs, has little in the field of dietetics. Despite this, the statistical evidence in the article is still legitimately

significant given its reliable sources; therefore, this article is a relevant and reliable reference to the trends in dietary consumption.

Seneff, Stephanie, Glyn Wainwright, and Luca Mascitelli. "Nutrition and Alzheimer's Disease: The Detrimental Role Of A High Carbohydrate Diet." *European Journal Of Internal Medicine*, vol. 22, no. 2, 2011, pp. 134-140. *Academic Search Complete*. Web. 22 Nov. 2016. In this secondary source article, the researchers assemble a collection of works to first introduce the neuropathophysiological processes of Alzheimer's disease development, then outline how the anabolism of excess carbohydrates results in "the appearance of modified proteins known collectively as advanced glycogen end-products" that influence the neurodegeneration typical of Alzheimer's development. The article's tone, frequent use of jargon, appropriate incorporation of reliable sources and recent publication in an esteemed journal all are indicative of its academic significance. The authority of its authors, however, is of concern as two of the three do not hold positions relevant to this topic. Despite this, the article is reliable due to its incorporation an abundance of outside research to indicate explicitly how diet affects Alzheimer's progression. Despite its reliability, the article's specificity hinders its applicability to this topic. While the mechanisms of dietary impact on neurological health are outlined, the article only focuses on how these mechanisms affect Alzheimer's Disease and not neurological health in general. While not all aspects of this article are of value, the consideration of dietary impacts on the brain by the researchers make it generally useful.

Wanjek, Christopher. "From Birth to Death, Diet Affects the Brain's Health." *LiveScience*, 2014. Wanjek, a health science journalist with definite authority, assembles this secondary source article from various studies evaluating the impacts of nutrition on brain health at

various stages throughout the lifespan. The article is completely relevant to this topic as it includes discussions on the relation between artificial sugars and adolescent neurophysiology, the interplay of obesity and dementia and the evaluation of several animal studies. The article does include citations to the studies which are referenced, and all sources are reputable. Though the article is a compilation of reputable scientific studies on the direct impact of nutrition on neurological health, the article itself is not formally purposed for an academic environment. This is obvious in its diction and style. The fact that it is not published in an academic journal and not intended for the direct use in an academic setting is detrimental to its overall reliability. Despite this, the article is still significant to this topic because of Wanjek's authority and the reliability of its incorporated sources.