

Griselda Herrero Martín

# Bibliografía científica

## Alimentos saludables para niños geniales

Consejos y recetas para  
la mejora del rendimiento  
escolar y desarrollo del talento



Cualquier forma de reproducción, distribución, comunicación pública o transformación de esta obra solo puede ser realizada con la autorización de sus titulares, salvo excepción prevista por la ley. Diríjase a CEDRO (Centro Español de Derechos Reprográficos) si necesita fotocopiar o escanear algún fragmento de esta obra ([www.conlicencia.com](http://www.conlicencia.com); 91 702 19 70 / 93 272 04 45).

© Griselda Herrero Martín, 2018

© Profit Editorial I., S.L. 2018

Amat es un sello editorial de Profit Editorial I.

Primera edición: abril, 2018

Diseño cubierta: XicArt

Diseño y creación de imágenes: Antonio Cárdenas García

Maquetación: gama, sl

ISBN: 978-84-17208-12-7

Depósito legal: B 7.237-2018

Impreso por Liberdúplex

Impreso en España – *Printed in Spain*

---

## Capítulos 1 y 2

- Agencia *Española* de Consumo, Seguridad Alimentaria y Nutrición (AECOSAN). [Web]. Madrid, España. Contenido de sal en los alimentos. (2015).
- Ballesteros JM, Pérez N, Dal-Re M, Villar C, Labrado E, Ortega RM. Estudio de vigilancia del crecimiento ALADINO. Ministerio de Sanidad, Servicios Sociales e Igualdad. Gobierno de España [consultado el 25 de febrero de 2107].
- Cromheeke S, Mueller SC. The power of a smile: Stronger working memory effects for happy faces in adolescents compared to adults. *Cogn Emot.* 2016; 30 (2): 288-301.
- European Food Safety Authority (EFSA). [Web]. Parma, Italy. Process contaminants in vegetable oils and foods. (2016).
- Gidding SS, Dennison BA, Birch LL, Daniels SR, Gillman MW, Lichtenstein AH, et al; American Heart Association; American Academy of Pediatrics. Dietary recommendations for children and adolescents: a guide for practitioners: consensus statement from the American Heart Association. *Circulation.* 2005 Sep 27; 112 (13): 2061-75.
- Gil-Campos M, González MSJ, Martín JD, de la Asociación CDN, de Pediatría E. Uso de azúcares y edulcorantes en la alimentación del niño. Recomendaciones del Comité de Nutrición de la Aso-

- ciación Española de Pediatría. *Anales de Pediatría*; 2015; 83 (5): 353-e1.
- Instituto de Nutrición y Tecnología de los Alimentos (INTA). [Web]. Santiago de Chile, Chile. Importancia de las grasas y aceites para el crecimiento y desarrollo de los niños. Uauy Daghach R, Olivares S.
- LeBlanc VR, McConnell MM, Monteiro SD. Predictable chaos: a review of the effects of emotions on attention, memory and decision making. *Adv Health Sci Educ Theory Pract*. 2015; 20 (1): 265-82.
- Manual práctico de nutrición en pediatría. Comité de Nutrición de la AEP, Sociedad de Pediatría de Madrid y Castilla La Mancha. Ed. Ergon. 2007.
- Ministerio de Sanidad, Servicios Sociales e Igualdad (MSSSI). [Web]. Madrid, España. Encuesta Europea de Salud. España 2014.
- Oliver A, Gutiérrez M, Tomás JM, Galiana L, Sancho P. Validación de un modelo explicativo del proceso de envejecer con éxito a partir de aspectos psicológicos, físicos, relacionales y de ocio. *European Journal of Investigation in Health, Psychology and Education*. 2016; 6 (1): 47-56.
- Organización Mundial de la Salud (OMS). [Web]. Ginebra, Suiza. Definición de Salud. Preámbulo de la Constitución de la Organización Mundial de la Salud, adoptada por la Conferencia Sanitaria Internacional, celebrada en Nueva York del 19 de junio al 22 de julio de 1946, firmada el 22 de julio de 1946 por los representantes de 61 Estados (Official Records of the World Health Organization, N° 2, p. 100), y entró en vigor el 7 de abril de 1948. La definición no ha sido modificada desde 1948.
- Organización Mundial de la Salud (OMS). [Web]. Ginebra, Suiza. Dieta, nutrición y prevención de enfermedades crónicas. Informe de una Consulta mixta de Expertos OMS/ FAO. (2003).
- Organización Mundial de la Salud (OMS). [Web]. Ginebra, Suiza. Ingesta de azúcares para adultos y niños. WHO/NMH/NHD/15.2. (2015).
- Organización Panamericana de la Salud (OPS). [Web]. Washington DC, Estados Unidos. Modelo de perfil de nutrientes de la Organización Panamericana de la Salud. (2016).
- Pinto AC, Luna IT, Sivla Ade A, Pinheiro PN, Braga VA, Souza AM. Risk factors associated with mental health issues in adolescents: a integrative review. *Rev Esc Enferm USP*. 2014; 48 (3): 555-64.
- Santhi N, Lazar AS, McCabe PJ, Lo JC, Groeger JA, Dijk DJ. Sex

differences in the circadian regulation of sleep and waking cognition in humans. *Proc Natl Acad Sci U S A*. 2016; 113 (19): E2730-9.

Scullin MK, Bliwise DL. Sleep, cognition, and normal aging: integrating a half century of multidisciplinary research. *Perspect Psychol Sci*. 2015; 10 (1): 97-137.

### Capítulo 3

Almeida LS, Guisande MA, Primi R, Lemos G. Contribuciones del factor general y de los factores específicos en la relación entre inteligencia y rendimiento escolar. *European Journal of Education and Psychology*. 2015; 1 (3): 5-16.

Barca-Lozano A, Almeida LS, Porto-Rioboo AM, Peralbo-Uzquiano M. Motivación escolar y rendimiento: impacto de metas académicas, de estrategias de aprendizaje y autoeficacia. *Anales de Psicología*. 2012; 28 (3): 848.

Carbonero MA, Martín-Antón LJ, Monsalvo E, Valdivieso JA. Rendimiento escolar y actitudes personales y de responsabilidad social en el alumnado preadolescente. *Anales de psicología*. 2015; 31 (3): 990-999.

Gardener H. The theory of multiple intelligences. *Ann Dyslexia*. 1987; 37 (1): 19-35.

Jiménez, M. Competencia social: intervención preventiva en la escuela. *Infancia y Sociedad*. 2000; 24: 21-48.

Lamas-Rojas H. Aprendizaje autorregulado, motivación y rendimiento académico. *Liberabit*. 2008; 14 (14): 15-20.

Mazzoni CC, Stelzer F, Cervigni MA, Martino P. Impacto de la pobreza en el desarrollo cognitivo: un análisis teórico de dos factores mediadores. *Liberabit*. 2014; 20 (1): 93-100.

Mounoud P. El desarrollo cognitivo del niño: desde los descubrimientos de Piaget hasta las investigaciones actuales. *Contextos educativos*. 2011; 4: 53-77.

Ramírez-Benítez Y, Torres-Díaz R, Amor-Díaz V. Contribución única de la inteligencia fluida y cristalizada en el rendimiento académico. *Rev. Chil. Neuropsicol*. 2016; 11 (2): 1-5.

Ruiz de Miguel, C. Factores familiares vinculados al bajo rendimiento. *Revista Complutense de Educación*. 2002; 12 (1) 81-113.

Ruiz MJ, Bermejo R, Ferrando M, Prieto MD, Sainz M. Inteligencia y Pensamiento Científico-Creativo: Su convergencia en la explica-

- ción del rendimiento académico de los alumnos. *Electronic Journal of Research in Educational Psychology*. 2014; 12 (2): 283-302.
- Sánchez JJM, Pina F. H. Influencia de la motivación en el rendimiento académico de los estudiantes de formación profesional. *Revista electrónica interuniversitaria de formación del profesorado*. 2011; 14 (1): 81-100.
- Sandoval REC, Ramos JMM. Inteligencia versus asistencia a clases: su incidencia en el rendimiento académico. *Portal de la Ciencia*. 2016; 9: 55-64.
- Torres Velázquez, L.E.; Rodríguez Soriano, N.Y. Rendimiento académico y contexto familiar en estudiantes universitarios. *Enseñanza e investigación en Psicología*. 2006; 11 (002): 255-270.

## Capítulo 4

- Boeke CE, Gillman MW, Hughes MD, Rifas-Shiman SL, Villamor E, Oken E. Choline intake during pregnancy and child cognition at age 7 years. *Am J Epidemiol*. 2013; 177 (12): 1338-47.
- Deoni SC, Dean DC 3rd, Piryatinsky I, O'Muircheartaigh J, Wasikiewicz N, Lehman K, *et al*. Breastfeeding and early white matter development: A cross-sectional study. *Neuroimage*. 2013; 82: 77-86.
- Gibbs BG, Forste R. Breastfeeding, parenting, and early cognitive development. *J Pediatr*. 2014; 164 (3): 487-93.
- Girard LC, Doyle O, Tremblay RE. Breastfeeding, Cognitive and Noncognitive Development in Early Childhood: A Population Study. *Pediatrics*. 2017; 139 (4): 1-9.
- González HF, Visentin S. Nutrientes y neurodesarrollo: lípidos. Actualización. *Archivos argentinos de pediatría*. 2016; 114 (5): 472-476.
- Hurtado-Suazo J.A. Efecto de la suplementación materna con DHA durante la gestión y lactancia sobre el desarrollo cognitivo/motor y visual del recién nacido en su primer año de vida. [Tesis doctoral]. Granada: Universidad de Granada, 2016.
- Joffre C, Nadjar A, Lebbadi M, Calon F, Laye S. n-3 LCPUFA improves cognition: the young, the old and the sick. *Prostaglandins Leukot Essent Fatty Acids*. 2014; 91 (1-2): 1-20.
- Kramer MS, Aboud F, Mironova E, Vanilovich I, Platt RW, Matush L, *et al*. Breastfeeding and child cognitive development: new evidence from a large randomized trial. *Arch Gen Psychiatry*. 2008; 65 (5): 578-84.

- Leventakou V, Roumeliotaki T, Koutra K, Vassilaki M, Mantzouranis E, Bitsios P, *et al.* Breastfeeding duration and cognitive, language and motor development at 18 months of age: Rhea mother-child cohort in Crete, Greece. *J Epidemiol Community Health.* 2015; 69 (3): 232-9.
- Melse-Boonstra A, Gowachirapant S, Jaiswal N, Winichagoon P, Srinivasan K, Zimmermann MB. Iodine supplementation in pregnancy and its effect on child cognition. *J Trace Elem Med Biol.* 2012; 26 (2-3): 134-6.
- Pérez-Ruiz JM, Iribar-Ibabe M, Peinado-Herreros JM, Miranda-León M, Campoy-Folgozo C. Lactancia materna y desarrollo cognitivo: valoración de la respuesta a la interferencia mediante el "test de los 5 dígitos". *Nutrición Hospitalaria.* 2014; 29 (4): 852-857.
- Poston L. Maternal obesity, gestational weight gain and diet as determinants of offspring long term health. *Best Pract Res Clin Endocrinol Metab.* 2012; 26 (5): 627-39.
- Quigley MA, Hockley C, Carson C, Kelly Y, Renfrew MJ, Sacker A. Breastfeeding is associated with improved child cognitive development: a population-based cohort study. *J Pediatr.* 2012; 160 (1): 25-32.
- Räikkönen K, Martikainen S, Pesonen AK, Lahti J, Heinonen K, Pyhälä R, *et al.* Maternal Licorice Consumption During Pregnancy and Pubertal, Cognitive, and Psychiatric Outcomes in Children. *Am J Epidemiol.* 2017:1-12.
- Räikkönen K, Pesonen AK, Heinonen K, Lahti J, Komsu N, Eriksson JG, *et al.* Maternal licorice consumption and detrimental cognitive and psychiatric outcomes in children. *Am J Epidemiol.* 2009; 170 (9): 1137-46.
- Rombaldi-Bernardi J, de Souza-Escobar R, Ferreira CF, Pelufo Silveira P. Fetal and neonatal levels of omega-3: effects on neurodevelopment, nutrition, and growth. *ScientificWorldJournal.* 2012; 2012: 202473.
- Ruiz JMP. *Influencia del periodo de lactancia sobre el desarrollo cognitivo de los hijos valorado a los 6 años de vida.* [Tesis doctoral]. Granada: Universidad de Granada, 2014.
- Spencer L, Rollo M, Hauck Y, MacDonald-Wicks L, Wood L, Hutchesson M, *et al.* The effect of weight management interventions that include a diet component on weight-related outcomes in pregnant and postpartum women: a systematic review protocol. *JBIC Database System Rev Implement Rep.* 2015; 13 (1): 88-98.

- Tawia S. Breastfeeding, brain structure and function, cognitive development and educational attainment. *Breastfeed Rev.* 2013; 21 (3): 15-20.
- Torres-Espinola FJ. Efectos de la obesidad y la diabetes materna durante la gestación sobre el neurodesarrollo de los hijos. [Tesis doctoral]. Granada: Universidad de Granada, 2016.

## Capítulo 5

- Abdallah-Ismail N, Ragab SH, Abd-Elbaky A, Shoeib AR, ALhosary Y, Fekry D. Frequency of Firmicutes and Bacteroidetes in gut microbiota in obese and normal weight Egyptian children and adults. *Arch Med Sci.* 2011; 7(3):501-7.
- Bäckhed F, Roswall J, Peng Y, Feng Q, Jia H, Kovatcheva-Datchary P, *et al.* Dynamics and Stabilization of the Human Gut Microbiome during the First Year of Life. *Cell Host Microbe.* 2015 Jun 10; 17 (6): 852.
- Brown EM, Sadarangani M, Finlay BB. The role of the immune system in governing host-microbe interactions in the intestine. *Nat Immunol.* 2013; 14 (7): 660-7.
- Castillo-Álvarez F, Marzo-Sola ME. Papel de la microbiota intestinal en el desarrollo de la esclerosis múltiple. *Neurologia.* 2017; 32: 175-84.
- Catanzaro R, Anzalone M, Calabrese F, Milazzo M, Capuana M, Italia A, *et al.* The gut microbiota and its correlations with the central nervous system disorders. *Panminerva Med.* 2015 Sep; 57 (3): 127-43.
- Conterno L, Fava F, Viola R, Tuohy KM. Obesity and the gut microbiota: does up-regulating colonic fermentation protect against obesity and metabolic disease?. *Genes Nutr.* 2011; 6(3):241-60.
- Del Chierico F, Vernocchi P, Dallapiccola B, Putignani L. Mediterranean diet and health: food effects on gut microbiota and disease control. *Int J Mol Sci.* 2014 Jul; 15 (7): 11678-99.
- Desbonnet L, Clarke G, Traplin A, O'Sullivan O, Crispie F, Moloney RD, *et al.* Gut microbiota depletion from early adolescence in mice: Implications for brain and behaviour. *Brain Behav Immun.* 2015 Aug; 48: 165-73.
- Etxeberria U, Milagro FI, González-Navarro CJ, Martínez JA. Papel en la obesidad de la microbiota intestinal. *An Real Acad Farm.* 2016; 82: 234-259.



- Gareau MG. Microbiota-gut-brain axis and cognitive function. *Adv Exp Med Biol.* 2014; 817: 357-71.
- Goodrich JK, Waters JL, Poole AC, Sutter JL, Koren O, Blekhman R, *et al.* Human Genetics Shape the Gut Microbiome. *Cell.* 2014; 159 (4): 789.
- Guarner, F. Papel de la flora intestinal en la salud y en la enfermedad. *Nutrición hospitalaria.* 2007; 22 (supl 2): 14-19.
- Hu X, Wang T, Jin F. Alzheimer's disease and gut microbiota. *Sci China Life Sci.* 2016 Oct; 59 (10): 1006-1023.
- Jernberg C, Löfmark S, Edlund C, Jansson JK. Long-term impacts of antibiotic exposure on the human intestinal microbiota. *Microbiology.* 2010 Nov; 156 (Pt 11): 3216-23.
- Jiang C, Li G, Huang P, Liu Z, Zhao B. The Gut Microbiota and Alzheimer's Disease. *J Alzheimers Dis.* 2017 Mar 29; 28 (1): 1-15.
- Kau AL, Ahern PP, Griffin NW, Goodman AL, Gordon JI. Human nutrition, the gut microbiome and the immune system. *Nature.* 2011; 474: 327-336.
- Ley RE, Bäckhed F, Turnbaugh P, Lozupone CA, Knight R, Gordon JI. Obesity alters gut microbial ecology. *PNAS.* 2005; 102 (31): 11070-11075.
- Parks BW, Nam E, Org E, Kostem E, Norheim F, Hui ST, *et al.* Genetic control of obesity and gut microbiota composition in response to high-fat, high-sucrose diet in mice. *Cell Metab.* 2013; 17 (1): 141-52.
- Penders J, Thijs C, Vink C, Stelma FF, Snijders B, Kummeling I, *et al.* Factors influencing the composition of the intestinal microbiota in early infancy. *Pediatrics.* 2006; 118 (2): 511-21.
- Proctor C, Thiennimitr P, Chattipakorn N, Chattipakorn SC. Diet, gut microbiota and cognition. *Metab Brain Dis.* 2017 Feb; 32 (1): 1-17.
- Richter CG, Babo-Rebelo M, Schwartz D, Tallon-Baudry C. Phase-amplitude coupling at the organism level: The amplitude of spontaneous alpha rhythm fluctuations varies with the phase of the infra-slow gastric basal rhythm. *Neuroimage.* 2017 Feb 1; 146: 951-958.
- Scheperjans F. Gut microbiota, 1013 new pieces in the Parkinson's disease puzzle. *Curr Opin Neurol.* 2016 Dec; 29 (6): 773-780.
- Suez J, Korem T, Zeevi D, Zilberman-Schapira G, Thaiss CA, Maza O, *et al.* Artificial sweeteners induce glucose intolerance by altering the gut microbiota. *Nature.* 2014 Oct 9; 514(7521):181-6.
- Tagliabue A, Elli M. The role of gut microbiota in human obesity: re-

- cent findings and future perspectives. *Nutr Metab Cardiovasc Dis.* 2013; 23(3):160-8.
- Tilg H, Kaser A. Gut microbiome, obesity, and metabolic dysfunction. *J Clin Invest.* 2011; 121 (6): 2126-32.
- Turpin W, Espin-Garcia O, Xu W, Silverberg MS, Kevans D, Smith MI, *et al.* Association of host genome with intestinal microbial composition in a large healthy cohort. *Nat Genet.* 2016; 48 (11): 1413-1417.
- Venegas PMM, García AS. Influencia de la microbiota en la regulación del Sistema Inmune. *Diabetes.* 2016; 1 (2).
- Vrieze A, Holleman F, Zoetendal EG, de Vos WM, Hoekstra JB, Nieuwdorp M. The environment within: how gut microbiota may influence metabolism and body composition. *Diabetología.* 2010; 53 (4): 606-13.

## Capítulo 6

- Bourre JM. Effects of nutrients (in food) on the structure and function of the nervous system: update on dietary requirements for brain. Part 2: macronutrients. *J Nutr Health Aging.* 2006 Sep-Oct; 10 (5): 386-99.
- Burkhalter TM, Hillman CH. A narrative review of physical activity, nutrition, and obesity to cognition and scholastic performance across the human lifespan. *Adv Nutr.* 2011 Mar; 2 (2): 201S-6S.
- Deshmukh-Taskar P, Nicklas TA, Radcliffe JD, O'Neil CE, Liu Y. The relationship of breakfast skipping and type of breakfast consumed with overweight/obesity, abdominal obesity, other cardiometabolic risk factors and the metabolic syndrome in young adults. The National Health and Nutrition Examination Survey (NHANES): 1999-2006. *Public Health Nutr.* 2013 Nov; 16 (11): 2073-82.
- Edefonti V, Rosato V, Parpinel M, Nebbia G, Fiorica L, Fossali E, *et al.* The effect of breakfast composition and energy contribution on cognitive and academic performance: a systematic review. *Am J Clin Nutr.* 2014 Aug; 100 (2): 626-56.
- Francis HM, Stevenson RJ. Higher reported saturated fat and refined sugar intake is associated with reduced hippocampal-dependent memory and sensitivity to interoceptive signals. *Behav Neurosci.* 2011 Dec; 125 (6): 943-55.
- Grantham-McGregor S. Can the provision of breakfast benefit school performance? *Food Nutr Bull.* 2005 Jun; 26 (2 Suppl 2): S144-58.

Molteni R, Barnard RJ, Ying Z, Roberts CK, Gómez-Pinilla F. A high-fat, refined sugar diet reduces hippocampal brain-derived neurotrophic factor, neuronal plasticity, and learning. *Neuroscience*. 2002; 112 (4): 803-14.

## Capítulo 7

Bakker MJ, Hofmann J, Churches OF, Badcock NA, Kohler M, Keage HA. Cerebrovascular function and cognition in childhood: a systematic review of transcranial Doppler studies. *BMC Neurol*. 2014 Mar 6; 14: 43.

Baladia E, Basulto J, Manera M. Declaraciones nutricionales y de propiedades saludables aplicables a los productos de alimentación infantil en España y en la Unión Europea. *Rev Pediatr Aten Primaria*. 2013 Dic; 15 (60): 351-359.

Bispo KP, de Oliveira Rodrigues L, da Silva Soares de Souza É, Mucci D, Tavares do Carmo Md, de Albuquerque KT, *et al*. Trans and interesterified fat and palm oil during the pregnancy and lactation period inhibit the central anorexigenic action of insulin in adult male rat offspring. *Physiol Sci*. 2015 Jan; 65 (1): 131-8.

Cordner ZA, Tamashiro KL. Effects of high-fat diet exposure on learning & memory. *Physiol Behav*. 2015 Dec 1; 152 (Pt B): 363-71.

Doets EL, van Wijngaarden JP, Szczecińska A, Dullemeijer C, Souverein OW, Dhonukshe-Rutten RA, *et al*. Vitamin B12 intake and status and cognitive function in elderly people. *Epidemiol Rev*. 2013; 35: 2-21.

European Food Safety Authority (EFSA). [Web]. Parma, Italy. Scientific Opinion on the Substantiation of a health claim related to Iron and cognitive development of children pursuant to Article 14 of Regulation (EC) No 1924/2006. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). *EFSA Journal* 2009; 7 (11): 1360.

European Food Safety Authority (EFSA). [Web]. Parma, Italy. Scientific Opinion on the substantiation of a health claim related to iron and contribution to normal cognitive development pursuant to Article 14 of Regulation (EC) No 1924/2006. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). *EFSA Journal* 2013; 11 (7): 3335.

European Food Safety Authority (EFSA). [Web]. Parma, Italy. Scientific Opinion on the substantiation of a health claim related to

iodine and contribution to normal cognitive development pursuant to Article 14 of Regulation (EC) No 1924/2006. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). *EFSA Journal*. 2014; 12 (1): 3517 [10 pp.].

European Food Safety Authority (EFSA). [Web]. Parma, Italy. Scientific Opinion on the substantiation of health claims related to phosphatidyl serine (ID 552, 711, 734, 1632, 1927) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. EFSA Panel on Dietetic Products, Nutrition and Allergies *EFSA Journal*. 2010; 8 (10): 1749.

European Food Safety Authority (EFSA). [Web]. Parma, Italy. Scientific Opinion on the substantiation of health claims related to taurine and “immune system protection” (ID 611), “metabolism processes” (ID 613), contribution to normal cognitive function (ID 1659), maintenance of normal cardiac function (ID 1661), maintenance of normal muscle function (ID 1949) and delay in the onset of physical fatigue during exercise (ID 1958) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). *EFSA Journal*. 2011; 9 (4): 2011 – 2035.

European Food Safety Authority (EFSA). [Web]. Parma, Italy. Scientific Opinion on the substantiation of health claims related to zinc and function of the immune system (ID 291, 1757), DNA synthesis and cell division (ID 292, 1759), protection of DNA, proteins and lipids from oxidative damage (ID 294, 1758), maintenance of bone (ID 295, 1756), cognitive function (ID 296), fertility and reproduction (ID 297, 300), reproductive development (ID 298), muscle function (ID 299), metabolism of fatty acids (ID 302), maintenance of joints (ID 305), function of the heart and blood vessels (ID 306), prostate function (ID 307), thyroid function (ID 308), acid-base metabolism (ID 360), vitamin A metabolism (ID 361) and maintenance of vision (ID 361) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. Panel on Dietetic Products, Nutrition and Allergies. *EFSA Journal*. 2009; 7 (9): 1229.

European Food Safety Authority (EFSA). [Web]. Parma, Italy. Scientific Opinion on the substantiation of health claims related to: anthocyanidins and proanthocyanidins (ID 1787, 1788, 1789, 1790, 1791); sodium alginate and ulva (ID 1873); vitamins, minerals, trace elements and standardised ginseng G115 extract (ID 8, 1673, 1674); vitamins, minerals, lysine and/or arginine and/or

- taurine (ID 6, 1676, 1677); plant-based preparation for use in beverages (ID 4210, 4211); *Carica papaya* L. (ID 2007); “fish protein” (ID 651); acidic water-based, non-alcoholic flavoured beverages containing calcium in the range of 0.3 to 0.8 mol per mol of acid with a pH not lower than 3.7 (ID 1170); royal jelly (ID 1225, 1226, 1227, 1228, 1230, 1231, 1326, 1328, 1329, 1982, 4696, 4697); foods low in cholesterol (ID 624); and foods low in trans-fatty acids (ID 672, 4333) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). *EFSA Journal*. 2011; 9 (4): 2083.
- Freeman LR, Haley-Zitlin V, Rosenberger DS, Granholm AC. Dama-  
ging effects of a high-fat diet to the brain and cognition: a review of  
proposed mechanisms. *Nutr Neurosci*. 2014 Nov; 17 (6): 241-51.
- Gröber U, Kisters K, Schmidt J. Neuroenhancement with vitamin  
B12-underestimated neurological significance. *Nutrients*. 2013  
Dec 12; 5 (12): 5031-45.
- Kuratko CN, Barrett EC, Nelson EB, Salem N Jr. The relationship of  
docosahexaenoic acid (DHA) with learning and behavior in health-  
y children: a review. *Nutrients*. 2013 Jul 19; 5 (7): 2777-810.
- Mackin RS, Insel P, Truran D, Vichinsky EP, Neumayr LD, Armstrong  
FD, *et al*. Neuroimaging abnormalities in adults with sickle cell  
anemia: associations with cognition. *Neurology*. 2014 Mar 11; 82  
(10): 835-41.
- Martín MG, Pfrieger F, Dotti CG. Cholesterol in brain disease: some-  
times determinant and frequently implicated. *EMBO Rep*. 2014  
Oct; 15 (10): 1036-52.
- Misan V, Estado V, de Velasco PC, Spreafico FB, Magri T, Dos Santos  
RM, *et al*. Interesterified fat or palm oil as substitutes for partially  
hydrogenated fat during the perinatal period produces changes  
in the brain fatty acids profile and increases leukocyte-endothe-  
lial interactions in the cerebral microcirculation from the male  
offspring in adult life. *Brain Res*. 2015 Aug 7; 1616: 123-33.
- Moutinho M, Nunes MJ, Rodrigues E. Cholesterol 24-hydroxylase:  
Brain cholesterol metabolism and beyond. *Biochim Biophys Acta*.  
2016 Dec; 1861 (12 Pt A): 1911-1920.
- Pawlak R, Parrott SJ, Raj S, Cullum-Dugan D, Lucas D. How prevalent  
is vitamin B(12) deficiency among vegetarians? *Nutr Rev*. 2013  
Feb; 71 (2): 110-7.
- Scantlebury N, Mabbott D, Janzen L, Rockel C, Widjaja E, Jones G, *et  
al*. White matter integrity and core cognitive function in children

- diagnosed with sickle cell disease. *J Pediatr Hematol Oncol*. 2011 Apr;33(3):163-71.
- Scott SP, De Souza MJ, Koehler K, Murray-Kolb LE. Combined Iron Deficiency and Low Aerobic Fitness Doubly Burden Academic Performance among Women Attending University. *J Nutr*. 2017 Jan; 147 (1): 104-109.
- Stonehouse W. Does consumption of LC omega-3 PUFA enhance cognitive performance in healthy school-aged children and throughout adulthood? Evidence from clinical trials. *Nutrients*. 2014 Jul 22; 6 (7): 2730-58
- Vaisman N, Kaysar N, Zaruk-Adasha Y, Pelled D, Brichon G, Zwingelstein G, *et al*. Correlation between changes in blood fatty acid composition and visual sustained attention performance in children with inattention: effect of dietary n-3 fatty acids containing phospholipids. *Am J Clin Nutr*. 2008 May; 87 (5): 1170-80.

## Capítulo 8

- Alarcón G, Ray S, Nagel BJ. Lower Working Memory Performance in Overweight and Obese Adolescents Is Mediated by White Matter Microstructure. *J Int Neuropsychol Soc*. 2016 Mar; 22 (3): 281-92.
- American Academy of Pediatrics Committee on Sports Medicine and Fitness. Promotion of healthy weight-control practices in young athletes. *Pediatrics*. 2005; 116: 1557-1564
- Aslan AK, Starr JM, Pattie A, Deary I. Cognitive consequences of overweight and obesity in the ninth decade of life? *Age Ageing*. 2015 Jan; 44 (1): 59-65.
- Carson V, Hunter S, Kuzik N, Wiebe SA, Spence JC, Friedman A, *et al*. Systematic review of physical activity and cognitive development in early childhood. *J Sci Med Sport*. 2016 Jul; 19 (7): 573-8.
- Carson V, Kuzik N, Hunter S, Wiebe SA, Spence JC, Friedman A, *et al*. Systematic review of sedentary behavior and cognitive development in early childhood. *Prev Med*. 2015 Sep; 78: 115-22.
- Chaddock L, Erickson KI, Prakash RS, Kim JS, Voss MW, Vanpatter M, *et al*. A neuroimaging investigation of the association between aerobic fitness, hippocampal volume, and memory performance in preadolescent children. *Brain Res*. 2010 Oct 28; 1358: 172-83.
- Crova C, Struzzolino I, Marchetti R, Masci I, Vannozzi G, Forte R, *et al*. Cognitively challenging physical activity benefits executive function in overweight children. *J Sports Sci*. 2014; 32 (3): 201-11.

- Galler JR, Bryce CP, Zichlin ML, Fitzmaurice G, Eaglesfield GD, Waber DP. Infant malnutrition is associated with persisting attention deficits in middle adulthood. *J Nutr.* 2012 Apr; 142 (4): 788-94.
- García JL, Sánchez-López AM, García LB, Segovia JPN, Aguilar-Cordero MJ. Influencia de la actividad física acuática sobre el neurodesarrollo de los bebés: revisión sistemática. *Nutrición Hospitalaria.* 2016; 33 (5): 10-17.
- Gomez-Pinilla F, Hillman C. The influence of exercise on cognitive abilities. *Compr Physiol.* 2013 Jan; 3 (1): 403-28.
- Guxens M, Mendez MA, Julvez J, Plana E, Forns J, Basagaña X, *et al.* Cognitive function and overweight in preschool children. *Am J Epidemiol.* 2009 Aug 15; 170 (4): 438-46.
- Khan NA, Baym CL, Monti JM, Raine LB, Drollette ES, Scudder MR, *et al.* Central adiposity is negatively associated with hippocampal-dependent relational memory among overweight and obese children. *J Pediatr.* 2015 Feb; 166 (2): 302-8.e1.
- Koch A, Pollatos O. Reduced facial emotion recognition in overweight and obese children. *J Psychosom Res.* 2015 Dec; 79 (6): 635-9.
- Krombholz H. Motor and cognitive performance of overweight preschool children. *Percept Mot Skills.* 2013 Feb; 116 (1): 40-57.
- Krukowski RA, West DS, Philyaw Perez A, Bursac Z, Phillips MM, Raczyński JM. Overweight children, weight-based teasing and academic performance. *Int J Pediatr Obes.* 2009; 4 (4): 274-80.
- Lee EY, Spence JC, Carson V. Television viewing, reading, physical activity and brain development among young South Korean children. *J Sci Med Sport.* 2017 Jan 23. pii: S1440-2440 (17): 30248-7.
- López RC, Gómez VP, Zagalaz JC, Sánchez MLZ. Valoración de la relación entre Rendimiento Académico y Condición Física en escolares zaragozanos. *SPORT TK-Revista EuroAmericana de Ciencias del Deporte.* 2016; 5 (1): 47-53.
- MacIntyre J, McTaggart J, Guerrant RL, Goldfarb DM. Early childhood diarrhoeal diseases and cognition: are we missing the rest of the iceberg? *Paediatr Int Child Health.* 2014 Nov; 34 (4): 295-307.
- MAL-ED Network Investigators. The MAL-ED study: a multinational and multidisciplinary approach to understand the relationship between enteric pathogens, malnutrition, gut physiology, physical growth, cognitive development, and immune responses in infants and children up to 2 years of age in resource-poor environments. *Clin Infect Dis.* 2014 Nov 1; 59 (Suppl 4): S193-206.
- Murakami K, Livingstone MB. Associations between meal and snack

- frequency and overweight and abdominal obesity in US children and adolescents from National Health and Nutrition Examination Survey (NHANES) 2003-2012. *Br J Nutr.* 2016 May 28; 115 (10): 1819-29.
- Northstone K, Joinson C, Emmett P, Ness A, Paus T. Are dietary patterns in childhood associated with IQ at 8 years of age? A population-based cohort study. *J Epidemiol Community Health.* 2012 Jul; 66 (7): 624-8.
- Pérez-García G, Guzmán-Quevedo O, Da Silva Aragão R, Bolaños-Jiménez F. Early malnutrition results in long-lasting impairments in pattern-separation for overlapping novel object and novel location memories and reduced hippocampal neurogenesis. *Sci Rep.* 2016 Feb 17; 6: 21275.
- Peter CJ, Fischer LK, Kundakovic M, Garg P, Jakovcevski M, Dincer A, et al. DNA Methylation Signatures of Early Childhood Malnutrition Associated With Impairments in Attention and Cognition. *Biol Psychiatry.* 2016 Nov 15; 80 (10): 765-774.
- Purtell KM, Gershoff ET. Fast Food Consumption and Academic Growth in Late Childhood. *Clin Pediatr (Phila).* 2015 Aug; 54 (9): 871-7.
- Reloba S, Chiroso LJ, Reigal RE. Relación entre actividad física, procesos cognitivos y rendimiento académico de escolares: revisión de la literatura actual. *Revista Andaluza de Medicina del Deporte.* 2016; 9 (4): 166-172.
- Sudfeld CR, McCoy DC, Fink G, Muhihi A, Bellinger DC, Masanja H, et al. Malnutrition and Its Determinants Are Associated with Suboptimal Cognitive, Communication, and Motor Development in Tanzanian Children. *J Nutr.* 2015 Dec; 145 (12): 2705-14.
- Visus FSV, López AM, Ibáñez J, Serra JD, de la Asociación CDN, de Pediatría E. Recomendaciones nutricionales para el niño deportista. *Anales de Pediatría.* 2014; 81 (2): 125-e1.

## Capítulo 9

- Amutio-Kareaga A, Franco Justo C, Gázquez Linares JJ, Mañas Mañas I. Aprendizaje y práctica de la conciencia plena en estudiantes de bachillerato para potenciar la relajación y la autoeficacia en el rendimiento escolar. *Universitas Psychologica.* 2015; 14 (2): 433-443.
- Bluth K, Campo RA, Pruteanu-Malinici S, Reams A, Mullarkey M, Broderick PC. A school-based mindfulness pilot study for ethnically diverse at-risk adolescents. *Mindfulness (NY).* 2016 Feb; 7 (1): 90-104.



- Durlak JA, Weissberg RP, Dymnicki AB, Taylor RD, Schellinger KB. The impact of enhancing students' social and emotional learning: a meta-analysis of school-based universal interventions. *Child Dev.* 2011 Jan-Feb; 82 (1): 405-32.
- Flook L, Goldberg SB, Pinger L, Davidson RJ. Promoting prosocial behavior and self-regulatory skills in preschool children through a mindfulness-based Kindness Curriculum. *Dev Psychol.* 2015 Jan; 51 (1): 44-51.
- Fox KC, Nijeboer S, Dixon ML, Floman JL, Ellamil M, Rumak SP, *et al.* Is meditation associated with altered brain structure? A systematic review and meta-analysis of morphometric neuroimaging in meditation practitioners. *Neurosci Biobehav Rev.* 2014 Jun; 43: 48-73.
- Frank JL, Reibel D, Broderick P, Cantrell T, Metz S. The effectiveness of mindfulness-based stress reduction on educator stress and well-being: results from a pilot study. *Mindfulness.* 2015; 6 (2): 208-216.
- Hölzel BK, Carmody J, Vangel M, Congleton C, Yerramsetti SM, Gard T, *et al.* Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Res.* 2011 Jan 30; 191 (1): 36-43.
- Mañas I, Justo CF, Montoya MDG, Montoya CG. Educación consciente: Mindfulness (Atención Plena) en el ámbito educativo. Educadores conscientes formando a seres humanos conscientes. *Alianza de civilizaciones, políticas migratorias y educación.* 2014; 193-229.
- Ruiz Lázaro PJ, Rodríguez Gómez T, Martínez Prádanos A, Núñez Marín E. Mindfulness en Pediatría: el proyecto «Creciendo con atención y consciencia plena». *Pediatría Atención Primaria.* 2014; 16 (62): 169-179.
- Schonert-Reichl KA, Oberle E, Lawlor MS, Abbott D, Thomson K, Oberlander TF, *et al.* Enhancing cognitive and social-emotional development through a simple-to-administer mindfulness-based school program for elementary school children: a randomized controlled trial. *Dev Psychol.* 2015 Jan; 51 (1): 52-66.
- Villena-González M. El tren de los pensamientos: cómo responde nuestro cerebro al entorno mientras evocamos imágenes mentales o generamos un discurso interno. *Ciencia Cognitiva.* 2016; 10: 1-19.

## Capítulo 10

- Beauchamp GK, Mennella JA. Flavor perception in human infants: development and functional significance. *Digestion.* 2011; 83 Suppl 1: 1-6.

- Deckersbach T, Das SK, Urban LE, Salinardi T, Batra P, Rodman AM, *et al.* Pilot randomized trial demonstrating reversal of obesity-related abnormalities in reward system responsivity to food cues with a behavioral intervention. *Nutr Diabetes*. 2014 Sep 1; 4: e129.
- Herrero Martín G. Psiconutrición: la importancia del trabajo interdisciplinar en el abordaje de la obesidad. *Revista Española de Nutrición Humana y Dietética*, 2017; 21, 34-35.
- Inam QU, Ikram H, Shireen E, Haleem DJ. Effects of sugar rich diet on brain serotonin, hyperphagia and anxiety in animal model of both genders. *Pak J Pharm Sci*. 2016 May; 29 (3): 757-63.
- Keser A, Yüksel A, Yeşiltepe-Mutlu G, Bayhan A, Özsu E, Hatun Ş. A new insight into food addiction in childhood obesity. *Turk J Pediatr*. 2015 May-Jun; 57 (3): 219-24.
- Meule A, Hermann T, Kübler A. Food addiction in overweight and obese adolescents seeking weight-loss treatment. *Eur Eat Disord Rev*. 2015 May; 23 (3): 193-8.
- Nehring I, Kostka T, von Kries R, Rehfues EA. Impacts of in utero and early infant taste experiences on later taste acceptance: a systematic review. *J Nutr*. 2015 Jun; 145 (6): 1271-9.
- Pursey KM, Stanwell P, Gearhardt AN, Collins CE, Burrows TL. The prevalence of food addiction as assessed by the Yale Food Addiction Scale: a systematic review. *Nutrients*. 2014 Oct 21; 6 (10): 4552-90.
- Stice E, Burger KS, Yokum S. Relative ability of fat and sugar tastes to activate reward, gustatory, and somatosensory regions. *Am J Clin Nutr*. 2013 Dec; 98 (6): 1377-84.
- Ventura AK, Mennella JA. Innate and learned preferences for sweet taste during childhood. *Curr Opin Clin Nutr Metab Care*. 2011 Jul; 14 (4): 379-84.
- Ventura AK, Worobey J. Early influences on the development of food preferences. *Curr Biol*. 2013 May 6; 23 (9): R401-8.

## Capítulo 11

- Aguado Guadalix NV. La empatía y la inteligencia emocional auto-percibida en omnívoros ovolactovegetarianos y veganos. [Trabajo Fin de Máster]. Madrid: Universidad Pontificia Comillas, 2016.
- Castaño Castrillón JJ, Páez Cala ML. Inteligencia emocional y rendimiento académico en estudiantes universitarios. *Psicología desde el Caribe*. 2014; 32 (2): 268-285.

- Cid FM, Ferro EF, Mella CG, Cea S, Morales EEC, Villanueva CS, *et al.* Relación entre coeficiente intelectual, inteligencia emocional, dominancia cerebral y estilos de aprendizaje honey-alonso en estudiantes de educación física de Chile. *Revista Electrónica de Psicología Iztacala*. 2016; 19: 4.
- López Bernad L. Inteligencia emocional percibida, motivación de logro y rendimiento escolar en estudiantes de conservatorio de música. *Revista Electrónica de LEEME*. 2017; 32.
- Martínez NR. Influencia de la inteligencia emocional en los estilos de aprendizaje predominantes de los alumnos de bachillerato de la modalidad de Arte. *Educatio Siglo XXI*. 2015; 33 (2): 53-78.
- Morales MIJ, López-Zafra E. Inteligencia emocional y rendimiento escolar: estado actual de la cuestión. *Revista Latinoamericana de psicología*. 2009; 41 (1): 69-79.
- Morales MIJ, Zafra EL. Impacto de la inteligencia emocional percibida, actitudes sociales y expectativas del profesor en el rendimiento académico. *Electronic Journal of Research in Educational Psychology*. 2013; 11 (29): 75-98.
- Prospéro-García O, Méndez Díaz M, Alvarado Capuleño I, Pérez Morales M, López Juárez J, Ruiz Contreras AE. Inteligencia para la alimentación: alimentación para la inteligencia. *Salud mental*. 2013; 36 (2): 109-113.

## Capítulo 12

- El Shakankiry HM. Sleep physiology and sleep disorders in childhood. *Nat Sci Sleep*. 2011 Sep 6; 3: 101-14.
- El-Sheikh M, Tu KM, Erath SA, Buckhalt JA. Family stress and adolescents' cognitive functioning: sleep as a protective factor. *J Fam Psychol*. 2014 Dec; 28 (6): 887-96.
- Fatima Y, Doi SA, Mamun AA. Longitudinal impact of sleep on overweight and obesity in children and adolescents: a systematic review and bias-adjusted meta-analysis. *Obes Rev*. 2015 Feb; 16 (2): 137-49.
- Fatima Y, Doi SA, Mamun AA. Sleep quality and obesity in young subjects: a meta-analysis. *Obes Rev*. 2016 Nov; 17 (11): 1154-1166.
- Graignic-Philippe R, Dayan J, Chokron S, Jacquet AY, Tordjman S. Effects of prenatal stress on fetal and child development: a critical literature review. *Neurosci Biobehav Rev*. 2014 Jun; 43: 137-62.
- Hogenkamp PS, Nilsson E, Nilsson VC, Chapman CD, Vogel H, Lundberg LS, *et al.* Acute sleep deprivation increases portion size and

- affects food choice in young men. *Psychoneuroendocrinology*. 2013 Sep; 38 (9): 1668-74.
- Li L, Zhang S, Huang Y, Chen K. Sleep duration and obesity in children: A systematic review and meta-analysis of prospective cohort studies. *J Paediatr Child Health*. 2017 Apr; 53 (4): 378-385.
- Maski KP. Sleep-Dependent Memory Consolidation in Children. *Semin Pediatr Neurol*. 2015 Jun; 22 (2): 130-4.
- McHill AW, Wright KP Jr. Role of sleep and circadian disruption on energy expenditure and in metabolic predisposition to human obesity and metabolic disease. *Obes Rev*. 2017 Feb; 18 Suppl 1: 15-24.
- Miller MA. The Role of Sleep and Sleep Disorders in the Development, Diagnosis, and Management of Neurocognitive Disorders. *Front Neurol*. 2015 Oct 23; 6: 224.
- Pervanidou P, Chrousos GP. Stress and obesity/metabolic syndrome in childhood and adolescence. *Int J Pediatr Obes*. 2011 Sep; 6 Suppl 1: 21-8.
- Piteo AM, Kennedy JD, Roberts RM, Martin AJ, Nettelbeck T, Kohler MJ, *et al*. Snoring and cognitive development in infancy.. *Sleep Med*. 2011 Dec; 12 (10): 981-7.
- Simon SL, Field J, Miller LE, DiFrancesco M, Beebe DW. Sweet/desert foods are more appealing to adolescents after sleep restriction. *PLoS One*. 2015 Feb 23; 10 (2): e0115434.
- St-Onge MP, McReynolds A, Trivedi ZB, Roberts AL, Sy M, Hirsch J. Sleep restriction leads to increased activation of brain regions sensitive to food stimuli. *Am J Clin Nutr*. 2012 Apr; 95 (4): 818-24.
- Wu Y, Gong Q, Zou Z, Li H, Zhang X. Short sleep duration and obesity among children: A systematic review and meta-analysis of prospective studies. *Obes Res Clin Pract*. 2016 Jun 3; pii: S1871-403X (16) 30033-3.

## Capítulo 13

- García AJ, Rodríguez AL, Herrera CT. Estilos de aprendizaje y rendimiento académico en alumnos de segundo grado de secundaria. *Journal of Learning Styles*. 2015; 8 (15).
- González-González MT. Absentismo y abandono escolar: una situación singular de la exclusión educativa. *REICE: Revista Electrónica Iberoamericana sobre Calidad, Eficacia y Cambio en Educación*. 2006; 4.1: 1-15.

- Janssen T, Larsen H, Vollebergh WA, Wiers RW. Longitudinal relations between cognitive bias and adolescent alcohol use. *Addict Behav.* 2015 May; 44: 51-7.
- Maris Vázquez S, Noriega Biggio M, Maris García S. Relaciones entre rendimiento académico, competencia espacial, estilos de aprendizaje y deserción. *Revista electrónica de investigación educativa.* 2013; 15 (1): 29-44.
- Ortega FZ, González JIA. Repercusión del tabaco y alcohol sobre factores académicos y familiares en adolescentes. *Health and Addictions/Salud y Drogas.* 2014; 14 (1): 59-70.
- Petrill SA. Integrating neurobiological, genetic, and environmental risk factors in cognitive and behavioral conditions. *J Child Psychol Psychiatry.* 2013 Jan; 54 (1): 1-2.
- Seder AC, Villalonga HB. Importancia de los hábitos de estudio en el rendimiento académico del adolescente: diferencias por género. *Educatio Siglo XXI.* 2016; 34 (1): 157-172.
- Squeglia LM, Jacobus J, Tapert SF. The effect of alcohol use on human adolescent brain structures and systems. *Handb Clin Neurol.* 2014; 125: 501-10.
- Valencia LI. Estilos de Aprendizaje: una apuesta por el desempeño académico de los estudiantes en la Educación Superior/Styles of Learning: a bet for the academic performance of the students in the higher education. *Encuentros.* 2014; 12 (2): 25.
- Vohs KD, Redden JP, Rahinel R. Physical order produces healthy choices, generosity, and conventionality, whereas disorder produces creativity. *Psychol Sci.* 2013 Sep; 24 (9): 1860-7.
- Zuccolo L, Lewis SJ, Smith GD, Sayal K, Draper ES, Fraser R, *et al.* Prenatal alcohol exposure and offspring cognition and school performance. A 'Mendelian randomization' natural experiment. *Int J Epidemiol.* 2013 Oct; 42 (5): 1358-70.

## Capítulo 14

- Berthoud HR. The neurobiology of food intake in an obesogenic environment. *Proc Nutr Soc.* 2012 Nov; 71 (4): 478-87.
- Bourre JM. Effects of nutrients (in food) on the structure and function of the nervous system: update on dietary requirements for brain. Part 2 : macronutrients. *J Nutr Health Aging.* 2006 Sep-Oct; 10 (5): 386-99.
- Burkhalter TM, Hillman CH. A narrative review of physical activity,

- nutrition, and obesity to cognition and scholastic performance across the human lifespan. *Adv Nutr*. 2011 Mar; 2 (2): 201S-6S.
- Butt MS, Sultan MT. Coffee and its consumption: benefits and risks. *Crit Rev Food Sci Nutr*. 2011 Apr; 51 (4): 363-73.
- Cano-Marquina A, Tarín JJ, Cano A. The impact of coffee on health. *Maturitas*. 2013 May; 75 (1): 7-21.
- Moreiras O, Carbajal L, Cabrera C, Cuadrado C. Tablas de composición de alimentos. Ediciones Pirámide (Grupo Anaya, SA). 16ª edición revisada y ampliada. 2013.
- Reissig CJ, Strain EC, Griffiths RR. Caffeinated energy drinks--a growing problem. *Drug Alcohol Depend*. 2009 Jan 1; 99 (1-3): 1-10.
- Seifert SM, Schaechter JL, Hershorin ER, Lipshultz SE. Health effects of energy drinks on children, adolescents, and young adults. *Pediatrics*. 2011 Mar; 127 (3): 511-28.
- Townshend T, Lake A. Obesogenic environments: current evidence of the built and food environments. *Perspect Public Health*. 2017 Jan; 137 (1): 38-44.