



Marilyn Magaram Center

Food Science • Nutrition • Dietetics



Nutrition
Experts

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Whole Body Whole Health

Sense Your Health: Sound

Nutrition
Experts

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Our Mission

To enhance and promote good health and well-being through research, education and services in food science, nutrition and dietetics





American Culinary Federation



NEIGHBORHOOD PARTNERS IN ACTION



Working Within Our Community

- Schools to incorporate nutrition & lifestyle intervention techniques
- National and international collaborations
- Programs (50+) and research projects (20+) funded by federal, state, and private grants & donations
- Collaborating with (50+) various community partners reaching more than 70,000+ community participants

Presenters



Housekeeping

We welcome all your questions and comments.

Try to write them down and ask at the end.

We can only answer general nutrition questions. For specific medical nutrition therapy, we will refer you to your medical provider and Registered Dietitian Nutritionist (RDN).

Learning Objectives

How can sound effect our hearing.

How what we hear is connected to what and how we eat.

Learn how our sense of sound is connected to our health.



Close your eyes

...









Eating with our ears

These sounds inform us...

What we hear affects what we eat

- Food cravings
- Satisfaction
- Appetite stimulating
- Associations/memories



Eating with our ears

- When you hear the sound of popcorn popping, do you think about going to the movies and eating popcorn?
- Hearing someone open a can of soda, does that give you some kind of reaction?
 - Or the sound of a bag of chips opening
- Pavlov's Theory
 - We have all been conditioned with Pavlovan conditioning when it comes to food

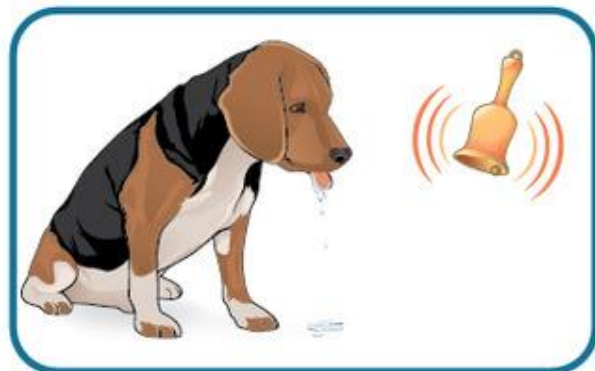
Before Conditioning



During Conditioning



After Conditioning



Eating with our ears

When sitting at a restaurant, the sounds (music, people chatting, food cooking or drinks pouring) have a strong effect on the environment and ambience

- Can make meals fun, feel the meal is more sophisticated, maybe customers willing to pay more because of it

- Some people rely on having TV, music, or the news on in the background while they cook or eat, even if they are not really listening.

Nutrition and Hearing

- What we eat also can affect our hearing
- Research has shown that certain diets have the potential to prevent hearing loss
 - Diet patterns similar to the Mediterranean diet decrease hearing loss by 30%
 - The diets prioritized fruits, veggies
 - With special attention to folic acid, potassium, and zinc



Nutrition and Hearing

- Fruits and vegetables contain nutrients that plays a large role in the functioning of the inner ear, to convert sounds into signals for the brain to interpret.
 - Zinc may even improve tinnitus especially in the elderly
- Malnutrition can affect hearing in pregnancy, development, and as adults
 - Correcting deficiencies will improve hearing and allow for proper inner ear formation at younger ages.



Appetite Changes and Cancer

- Another side effect that can happen during cancer is poor appetite
 - From treatment, depression, loneliness, mood changes, anxiety/stress
- These lead to lower food intake, less nutrition, less energy, delayed healing
- Which can lead to weight loss, malnutrition
- Which is associated with poorer outcomes.

Appetite Changes and Cancer

- Music therapy can aid in treating those with anorexia – something that can happen to those with cancer.
 - Treatment can reduce anxiety and increase awareness of hunger cues, among others



Appetite Changes and Cancer

- There is a neurobiological link between music/sounds and our body.
- Scientific research has shown a strong connection between the vagus nerve and our mood, depression, and even inflammation.
 - Regulates all the automatic parts of our body like breathing
 - Meditation and sounds actually have the ability to create some change to the vagus nerve that affects so many different systems

Sound and Health

- Our bodies and mind are interconnected with our health.
- All the senses work together and affect us in our day to day lives.



Sound and Health

- The sounds around us and what we hear have a great impact on how and what we eat.
- And what we eat affects our hearing as well.
- No part of our body functions independently, they all impact each other.



Thank you!