

EAS Speaker Series 2023-2024

Thursday, February 29, 2024

4:10-5:30PM

L.J. Andrews Conference Room (SSH 2203)

Brain Foods: Reframing Care with Medicinal Foodways



What does it mean to focus on the brain and cognitive health as keys to wellbeing and healthy eating compared to the heart and cardiovascular fitness several decades ago? In this paper, Nancy Chen addresses the recent growth of brain foods, foods that are considered to enhance brain function, and query their rise and promotion for health markets especially across Asia. Professor Chen examines the centrality of this organ which shapes daily life and cultural practices of eating and nurturing beyond biomedical institutions.

Nancy N. Chen is Professor of Anthropology at UC Santa Cruz. She is the author of *Breathing Spaces: Qigong, Psychiatry, and Healing in China* and of *Food, Medicine, and the Quest for Good Health*. She is co-editor of four book volumes on bioinsecurity, Asian biotechnology, bodies, and urban China. Her Ted Salon talk on “The inaccurate link between body ideals and health” has reached over 2.1 million views.



Check out her Ted Talk “The inaccurate link between body ideals and health” [here!](#)