

# VYT 2025 Entry #1

## Brain vs. Buffet: Can fasting keep you sharp?

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Hello and welcome everyone to the reality show – Brain vs. Buffet. Tonight, two teams will battle it out to see who ages better in the brain department.

The ‘Buffet Bingers’ keep snacking 24/7 and the ‘Clock Watchers’ eat for eight hours a day and fast for 16 hours. Remember, no cheat day, guys!

Have you already started forgetting where you kept your car keys or glasses?

You see, we all age, and our brains shrink. But what if *when* we eat could protect how we think?

We examined the effect of intermittent fasting on little brain connections called synapses, communication cables – the white matter and memory performance on aging mice in my lab. Our findings suggest the clock watchers have preserved synapses, protected brain networks and strong cognitive function as the brain ages.

This, could eating less, less often, be the key to aging smarter? Our mice might have the first clue.

Well, this Brain vs. Buffet was my Ph.D and what will your neurons choose?

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