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## New Insights into Nutrition and Brain Health

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Deadline for manuscript submissions:

**closed (10 August 2021)**

### Message from the Guest Editor

Dear Colleagues,

Many of the diseases that affect brain health are progressive, with incidences and prevalence increasing with age. Therefore, sustained lifestyle factors have a profound impact on them, and there is increasing evidence that people can reduce cognitive decline or improve brain health by adopting healthy habits. Research over the past few years has provided increasing evidence for the influence of nutrition on brain health.

In this Special Issue, we aim to provide new insights into nutrition and brain health at the epidemiological, clinical and translational levels to better elucidate the role of nutrition in the brain and the mechanisms underlying its effects. We welcome different types of submissions including original research articles, systematic reviews and meta-analyses.

Dr. Mònica Bulló

*Guest Editor*



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# Special Issue



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## Message from the Editorial Board

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