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## Dietary Patterns and Cognitive Function

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### Message from the Guest Editors

Dear Colleagues,

Nutrition is one of the lifestyle factors that has been shown to greatly impact cognition, playing an important role in cognitive function across an individual's lifespan and may be key factor for healthy cognitive development, aging and/or slowing down pathological cognitive decline.

There is increasing evidence linking certain dietary patterns (i.e., Mediterranean or DASH diets) to a neuroprotective effect that may potentially delay cognitive decline. Other lifestyle factors, such as physical activity, quality of sleep and cognitive stimulation/training, interact with nutrition, and results of dietary patterns should be evaluated considering these interrelationships.

Regarding nutrition, a step further is to start personalizing diets as a function of gender, microbiota composition, cultural and environmental behaviors, etc. Unraveling this issue may increase our understanding of the link between diet and cognitive performance along human lifespan and will potentially have a remarkable public health impact.

Deadline for manuscript  
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# Special Issue



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