



nutrients



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Diet and Learning

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Message from the Guest Editors

Dear Colleagues,

Learning is a life-long process. Children are expected to adopt the behaviors acceptable to their social environments and perform increasingly difficult academic skills as they get older. Adults must learn and perform new tasks in their work and ever-changing life environment. Many children and adults struggle with learning and one possible contributor to this challenge is likely associated with dietary intake habits. Diets rich in sugar, fat, and sodium but low in dietary fibers, high-quality protein, and essential fatty acids are consumed by children and adults worldwide.

The objective of this Special Issue on “Dietary Intake and Learning” is to publish selected papers detailing specific aspects of diet and nutrition and people’s ability to learn and/or perform related tasks. Particularly, papers (reviews, epidemiologic/clinical/experimental studies) examining the role of specific nutrients and non-nutrient substances present in food on learning in humans are sought.

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Guest Editors



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Special *Issue*



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