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Dietary Intake, Brain Development and Learning

Guest Editors:

Dr. Sibylle Kranz

Department of Kinesiology,
University of Virginia,
Charlottesville, VA 22903, USA

Dr. Julia Blodgett

Department of Human Services,
Curry School of Education,
University of Virginia, USA

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Message from the Guest Editors

Dear Colleagues,

Learning is a life-long process. To date, little is known about the effects of lifestyle factors on the ability to learn and perform cognitive tasks. For instance, it stands to reason that diet affects human's ability to learn in at least two ways: (1) the physical make-up of the brain matter and (2) the energy and nutrients provided to fuel and support the brain's processing ability. Also, emerging evidence shows that physical activity and sedentary behavior affect learning and brain function. Also, lack of sleep or lack of higher quality sleep may negatively affect the individual's behavior to process information and learn.

The objective of this Special Issue on “**Dietary Intake, Brain Development and Learning**” is to publish selected papers detailing specific aspects of diet, physical activity and sleep on organic or functional performance of the brain as well as people's ability to learn and/or perform related tasks. Particularly, papers (reviews, epidemiologic/clinical/experimental studies) examining the role of lifestyle factors on learning in humans are sought.

Dr. Sibylle Kranz

Dr. Julia Blodgett

Guest Editors



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Special *Issue*



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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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