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## Nutrition and Cognition in Health and Disease

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Deadline for manuscript submissions:

**closed (30 April 2022)**

### **Message from the Guest Editors**

Dear Colleagues,

Nutrition is an important factor can modify cognitive development, functioning and age-associated cognitive impairment and dementia. Some evidence exists of an association between certain nutrients (flavonoids, vitamin D, or certain lipids) or food groups (seafood, vegetables, or fruits) and cognitive outcomes. This evidence is somehow stronger for healthy diets, such as the Mediterranean-type diet, possibly because of their cumulative beneficial effects.

This special issue will include evidence-based studies and reviews of cognitive effects of specific bioactive nutrients and nutritional and/or dietary interventions that might hold some promise for the prevention of cognitive impairment and dementia. It will also welcome studies addressing possible mechanisms of action, including but not limited to interactions of the digestive, immune, and nervous systems, diet-induced gut dysbiosis or others such as metabolic mechanisms and neuroinflammation.

Prof. Mara Dierssen

Prof. Rafael de la Torre  
*Guest Editors*



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# Special Issue



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