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Nutrition, Brain and Cognition

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Message from the Guest Editor

Mediterranean diet and dietary approaches to prevent hypertension may have significant neuroprotective benefits. In the same line, dietary polyphenols, particularly wine polyphenols, act on oral and gut microbiota composition and function and are considered promising strategy to prevent or slow down AD progression. Unhealthy nutrition impacts on gut microbiota, influencing its composition and resulting in predisposition to neurodegenerative diseases, given the recently discovered importance of the “gut-brain” axis. By contrast, a healthy diet for the middle aged, composed of probiotics, prebiotics, and polyphenols, can prevent neurodegenerative diseases. Very recent contributions also pointed to the role of calorie restriction on meta-inflammation, insulin resistance and, ultimately, spreading of AD lesions.

This Special Issue is to publish updated and cutting-edge scientific findings on specific nutrients and foods, and dietary patterns that are relevant for primary, secondary, or tertiary prevention of age-related cognitive impairment, dementia, and Alzheimer’s disease.



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Special Issue



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Message from the Editorial Board

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