

Special Issue

Diet, Nutrition and Brain Health

Message from the Guest Editor

We are excited to announce a Special Issue of *Nutrients* titled "Diet, Nutrition and Brain Health". The connection between what we eat and how our brain functions is a topic of growing interest and importance. As our populations age and the prevalence of cognitive decline and neurodegenerative diseases increases, understanding these connections becomes ever more crucial.

This Special Issue aims to explore how various dietary patterns and specific nutrients can influence brain health. Evidence suggests that lifestyle factors such as physical activity and sleep have significant impacts on our cognitive functions. Furthermore, ongoing research continues to report associations between diet and various neurological conditions, including autism, ADHD, and dementia. These studies highlight the potential of dietary interventions to positively affect brain health across different life stages and conditions.

We invite you to submit your latest research to this Special Issue. Your contributions will help us better understand how diet and nutrition can promote brain health and mitigate cognitive decline.

Guest Editor

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Deadline for manuscript submissions

closed (15 July 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/212059

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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