

Special Issue

The Impact of Nutrition on Cognitive Function: Its Role in Aging and Neurodegenerative Diseases

Message from the Guest Editor

Dear colleagues,

The relationship between nutrition and cognitive health has been a significant research focus. During adulthood or early developmental stages, nutrition plays a pivotal role in shaping cognitive abilities and resilience. Overnutrition, often manifesting as obesity, has been linked to a heightened risk of developing neurodegenerative disorders such as Alzheimer's. Excess intake of saturated fats and sugars, commonly seen in Western diets, has been associated with poor cognitive performance and faster cognitive decline. Conversely, malnutrition during critical developmental windows can lead to long-lasting cognitive impairments. Prenatal and early postnatal nutrition are particularly vital, as deficiencies or excesses during these periods can influence neural development, synaptic plasticity and brain structure, thereby predisposing individuals to cognitive deficits and an increased risk of neurodegenerative diseases later in life. In summary, nutrition has a profound impact on cognitive health, and imbalances, either as deficiencies or excesses, can expedite cognitive aging and elevate the risk of neurodegenerative conditions.

Guest Editor

Dr. Daria Peleg-Raibstein

Swiss Federal Institute of Technology, ETH Zürich, Department of Health Sciences and Technology, Institute for Neuroscience, Schorenstrasse 16, 8603 Schwerzenbach, Switzerland

Deadline for manuscript submissions

closed (5 February 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/188688

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

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 (UIBS), 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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)