

Special Issue

The Impact of Diet, Nutrition, and Lifestyle Habits on Cognition and the Risk of Developing Mild Cognitive Impairment and Dementia

Message from the Guest Editor

In this Special Issue, contributions focusing on healthy lifestyle habits are welcome, with a particular emphasis on those addressing diet and nutritional supplements in the context of a cognitive decline. Eligible submissions include works with a basic research approach (understanding the relationship between lifestyle habits and pathophysiological mechanisms related to the development of cognitive decline), translational research (the connection between these lifestyle habits, therapeutic strategies focused on promoting brain health and the relation with available biomarkers related with pathologies inducing cognitive decline) and clinical research (evaluating the effectiveness of interventions centered around lifestyle habits to prevent or mitigate cognitive decline). Original research, meta-analyses, systematic reviews and narrative reviews will all be considered.

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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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