

Special Issue

How Dietary Components Affect Cognitive Function, Memory Performance and Mood?

Message from the Guest Editors

Nutrition plays a pivotal role in promoting overall well-being during the aging process. Specifically, a well-balanced and nutritious diet is crucial for reducing the risk of dementia and managing mood disorders. This Special Issue aims to explore the complex relationship between dietary choices and cognitive well-being, clarifying the impact of various dietary components on memory, cognitive function and mood. In this context, evidence shows that specific dietary patterns (such as Mediterranean diet) and nutrients (such as omega-3 fatty acids, antioxidants and vitamins) play a role in enhancing memory and the overall cognitive function. The following are the relevant topics for this Special Issue that will elucidate the complex relationship between dietary choices and cognitive well-being: •

The impact of nutrients on cognitive functions and mood;

- Cognitive function and different dietary patterns;
- Mood modulation through nutrition;
- The impact of dietary habits during aging;
- Intervention and prevention strategies.

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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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