

## Special Issue

# Pathways Linking Nutrition with Cognitive and Mental Health

### Message from the Guest Editors

In older adults, certain dietary patterns, nutrition, and malnutrition all play an important role in maintaining positive cognitive and emotional well-being. Certain diets are associated with better cognitive outcomes in adults, as well as improved mental health and well-being. This Special Issue aims to cover recent advances in this field, with a particular interest in elucidating pathways and mechanisms linking nutrition with cognitive and/or mental health outcomes in adults. We are specifically soliciting research that utilizes cutting-edge analytical models, clinical trials, statistical algorithms, and experimental tools and technologies that aim to address this timely and important area of research and advance our understanding of the role of dietary and nutritional elements in cognitive and mental health in adults. We welcome original research, reviews, or perspective articles providing novel insights into the pathways through which nutrition and dietary factors are associated with cognition and mental health in aging adults.

### Guest Editors

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### Deadline for manuscript submissions

closed (5 July 2025)



## Nutrients

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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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### Editors-in-Chief

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