

Special Issue

New Insights on Nutrition and Gut–Brain Axis

Message from the Guest Editor

Different dietary patterns have been linked to varying effects on neuropsychiatric symptoms, neuroprotection, and neuroinflammation, influencing outcomes from stress-related disorders to neurodegeneration.

Evidence demonstrates that diet is a major determinant of gut microbiome composition, and alterations in diet–microbiome interactions can impact host health, including brain function. This relationship has led to the concept of the diet–microbiota–gut–brain axis, which encompasses the immune system, metabolism, endocrine signaling, and neuronal pathways. A deeper understanding of these interactions may pave the way for targeted dietary interventions and precision nutrition strategies to optimize brain health and mitigate neuropsychiatric and neurodegenerative disorders. We invite researchers to submit original research, including cross-sectional, cohort, and interventional studies on animal models and human populations, systematic reviews, and meta-analyses. Submissions should explore the complex interplay between diet, gut microbiota, and brain function. We look forward to receiving your contributions to this Special Issue.

Guest Editor

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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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