

Special Issue

Brain and Hormone Interplay for Regulating Intake and Metabolism of Foods and Nutrients: Impact of Food Ingredients and Diet

Message from the Guest Editor

Cumulating evidence has shown that the brain controls glucose, lipid and energy metabolism as well as feeding and circadian behaviors. Inversely, recent studies have focused on a variety of hormones secreted from peripheral organs that enter and affect the brain via the Tanycyte as well as blood–brain barrier (BBB) pathways. Furthermore, the vagal afferent nerves allow the interplay between peripheral hormones and the brain. The brain and hormone interplay through these routes plays a crucial role in the physiological regulation of eating behavior and metabolism. Furthermore, its disorder leads to metabolic diseases including type 2 diabetes, obesity, cardiovascular disease, anorexia and dementia, some of which suffer from the shortage of effective treatments and medicines. This Special Issue of *Nutrients* deals with the brain–hormone Interplay regulating eating and metabolism and the impacts of diets, foods and natural active ingredients on them. Basic, translational and clinical studies at molecular to systemic levels in all species are welcome.

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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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