

Special Issue

Dietary Patterns and Cognitive Function

Message from the Guest Editors

Nutrition is one of the lifestyle factors that has been shown to greatly impact cognition, playing an important role in cognitive function across an individual's lifespan and may be key factor for healthy cognitive development, aging and/or slowing down pathological cognitive decline. There is increasing evidence linking certain dietary patterns (i.e., Mediterranean or DASH diets) to a neuroprotective effect that may potentially delay cognitive decline. Other lifestyle factors, such as physical activity, quality of sleep and cognitive stimulation/training, interact with nutrition, and results of dietary patterns should be evaluated considering these interrelationships. Regarding nutrition, a step further is to start personalizing diets as a function of gender, microbiota composition, cultural and environmental behaviors, etc. Unraveling this issue may increase our understanding of the link between diet and cognitive performance along human lifespan and will potentially have a remarkable public health impact.

Guest Editors

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Deadline for manuscript submissions

closed (15 October 2021)



Nutrients

an Open Access Journal
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Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/82935

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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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