

Special Issue

Diet and Learning

Message from the Guest Editors

Learning is a life-long process. Children are expected to adopt the behaviors acceptable to their social environments and perform increasingly difficult academic skills as they get older. Adults must learn and perform new tasks in their work and ever-changing life environment. Many children and adults struggle with learning and one possible contributor to this challenge is likely associated with dietary intake habits. Diets rich in sugar, fat, and sodium but low in dietary fibers, high-quality protein, and essential fatty acids are consumed by children and adults worldwide. The objective of this Special Issue on “Dietary Intake and Learning” is to publish selected papers detailing specific aspects of diet and nutrition and people’s ability to learn and/or perform related tasks. Particularly, papers (reviews, epidemiologic/clinical/experimental studies) examining the role of specific nutrients and non-nutrient substances present in food on learning in humans are sought.

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Deadline for manuscript submissions

closed (31 July 2019)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/19957

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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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