

Special Issue

Dietary Intake, Brain Development and Learning

Message from the Guest Editors

Learning is a life-long process. To date, little is known about the effects of lifestyle factors on the ability to learn and perform cognitive tasks. For instance, it stands to reason that diet affects human's ability to learn in at least two ways: (1) the physical make-up of the brain matter and (2) the energy and nutrients provided to fuel and support the brain's processing ability. Also, emerging evidence shows that physical activity and sedentary behavior affect learning and brain function. Also, lack of sleep or lack of higher quality sleep may negatively affect the individual's behavior to process information and learn. The objective of this Special Issue on "**Dietary Intake, Brain Development and Learning**" is to publish selected papers detailing specific aspects of diet, physical activity and sleep on organic or functional performance of the brain as well as people's ability to learn and/or perform related tasks. Particularly, papers (reviews, epidemiologic/clinical/experimental studies) examining the role of lifestyle factors on learning in humans are sought.

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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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