

Special Issue

Dietary and Nutritional Approaches to Healthy Brain Aging and Neurodegeneration Prevention

Message from the Guest Editor

Dear Colleague, Food consumption is a fundamental aspect of daily life, and the concept that “*we are what we eat*” is increasingly supported by scientific evidence. Dietary patterns and specific food components play important roles in regulating systemic metabolism, immune responses, and brain health. Developments in research indicate that nutrition not only influences peripheral metabolic processes but also directly affects brain function, resilience, and susceptibility to neurodegenerative disease. This Special Issue of *Nutrients* focuses on nutritional factors that support brain health and may slow the progression of brain degeneration. We welcome studies examining food-derived compounds and dietary interventions that modulate oxidative stress, inflammation, brain metabolism, neurovascular function, neuronal survival, and cognitive resilience. By bringing together basic, translational, and clinical research, this Special Issue aims to highlight nutrition-based strategies as promising approaches for promoting healthy brain aging and mitigating neurodegenerative disorders.

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Deadline for manuscript submissions

25 October 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/267947

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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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