

Special Issue

Dietary Patterns on Improving Cardiometabolic and Cognitive Health

Message from the Guest Editors

Population ageing is related to the increasing disease burden worldwide, including cardiometabolic diseases and cognitive decline. Although improving dietary intake is the main target of lifestyle modification, many studies have focused on the relationship between single dietary factors and disease prevention. On the contrary, emerging evidence has suggested that dietary patterns may explain the interactions between different foods and food components. The objective of this proposed Special Issue is to publish selected papers that detail the established or culturally specific dietary patterns that could play a role in improving cardiometabolic and cognitive health, both in the general population and in at-risk individuals. This Special Issue welcomes multiple types of human studies, namely observational studies, intervention studies, systematic reviews and meta-analyses. Submissions that deal with the role of different dietary patterns in cardiometabolic and cognitive health, in addition to contributions that address their mechanisms of actions, e.g., through metabolomics or brain–gut interactions, are welcome.

Guest Editors

Dr. Kenneth Ka-Hei Lo

Department of Food Science and Nutrition, Hong Kong Polytechnic University, Kowloon, Hong Kong

Dr. Fangfang Zeng

Department of Public Health and Preventive Medicine, School of Medicine, Jinan University, Guangzhou 510086, China

Deadline for manuscript submissions

closed (15 December 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/143662

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)