

Special Issue

The Interdependence of Nutrition and Mental Well-Being

Message from the Guest Editors

Diets and dietary components can have both protective and deleterious associations with anxiety, stress, low mood and poor mental health and cognitive function. Similarly, the status of emotional and mental health also affects dietary choices and lifestyle habits. This Special Issue welcomes articles that provide insights into the bidirectional relationships between diet quality/patterns, dietary components and cognitive and psychological health and well-being. We hope that this Special Issue will enable us to compile the latest advances to deepen our understanding of how dietary patterns and dietary components (foods and nutrients) exert their effects on cognitive function and mental well-being, as well as elucidating underlying mechanisms, with the aim of identifying effective dietary strategies to improve psychological and physical well-being. We invite you to submit original research (both experimental and observational research) papers, reviews, systematic reviews, meta-analyses to this Special Issue to broaden our knowledge and open new research directions.

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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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