

Special Issue

Advanced Research on Nutrition and Gut–Brain Axis

Message from the Guest Editors

With implications for the onset and progression of neurodegenerative diseases, recent developments in nutrigenomics, metabolomics, and microbiome analysis have provided fresh perspectives on the role that nutrition plays in the gut–brain axis. Similarly, the disruption of gut–brain axis communication is increasingly linked to metabolic disorders like diabetes and metabolic syndrome, highlighting their importance in relation to nutrition.

This Special Issue focuses on the intricate and ever-changing relationships between diet, gut microbiota, and cognitive function, bringing together the state-of-the-art research at the nexus of nutrition, microbiome science, and brain health.

We invite the submission of high-quality original research, reviews, and clinical or translational studies exploring the role of nutrition in gut–brain communication. Studies exploring how nutritional interventions modulate the composition and activity of the gut microbiota—and how these changes, in turn, affect cognitive performance—are especially encouraged.

Guest Editors

Dr. Marina Mora-Ortiz

Maimonides Biomedical Research Institute of Córdoba (IMIBIC), Reina Sofía University Hospital, University of Córdoba, Córdoba, Spain

Dr. Rocío González-Soltero

Faculty of Biomedical and Health Sciences, Universidad Europea de Madrid, Madrid, Spain

Deadline for manuscript submissions

15 December 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/244121

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 (UIBS), 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)