

Special Issue

Nutrition and Cognition in Health and Disease

Message from the Guest Editors

Nutrition is an important factor that can modify cognitive development, functioning and age-associated cognitive impairment and dementia. Some evidence exists of an association between certain nutrients (flavonoids, vitamin D, or certain lipids) or food groups (seafood, vegetables, or fruits) and cognitive outcomes. This evidence is somehow stronger for healthy diets, such as the Mediterranean-type diet, possibly because of their cumulative beneficial effects. This special issue will include evidence-based studies and reviews of cognitive effects of specific bioactive nutrients and nutritional and/or dietary interventions that might hold some promise for the prevention of cognitive impairment and dementia. It will also welcome studies addressing possible mechanisms of action, including but not limited to interactions of the digestive, immune, and nervous systems, diet-induced gut dysbiosis or others such as metabolic mechanisms and neuroinflammation.

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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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