

Special Issue

Nutrition Research in Brain and Neuroscience

Message from the Guest Editor

This Special Issue aims to explore the dynamic and evolving intersection between nutrition and brain health, emphasizing how dietary components influence neurological development, function, and disease. We seek to gather high-quality original research, reviews, and clinical studies that illuminate the role of nutrients, dietary patterns, and metabolic processes in shaping cognitive performance, mental health, neuroprotection, and neurodegenerative disorders.

Topics of interest include but are not limited to the gut–brain axis, neuroinflammation, the impact of specific nutrients (e.g., omega-3 fatty acids, polyphenols, vitamins) on brain function, nutritional interventions in neurological disorders (e.g., Alzheimer’s disease, depression), and mechanisms linking diet to neural plasticity and aging. The goal is to provide a comprehensive overview of current findings and foster interdisciplinary dialog among neuroscientists, nutritionists, clinicians, and public health researchers. Contributions that integrate molecular, clinical, and epidemiological perspectives are especially encouraged.

Guest Editor

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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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