

Special Issue

Neuro-Nutrition and Brain Health: Role of Diet, Metabolism and Bioactive Molecules

Message from the Guest Editor

This Special Issue “Neuro-Nutrition and Brain Health: Role of Diet, Metabolism and Bioactive Molecules” aims to highlight the latest breakthroughs in understanding the complex interplay between nutrition and brain health. The consumption of healthy foods plays a vital role in supporting not only physical health but also mood regulation and longevity. Diets rich in brain-supportive nutrients, such as omega-3 fatty acids and B vitamins, have been shown to enhance cognitive function, promote neuroprotection, and reduce the risk of neurological and psychiatric disorders. Disruptions in energy supply, metabolic pathways, or the production and function of bioactive metabolites can impair the delicate balance of neuro-nutrition, leading to dysfunctions in neurons, neural circuits, and broader brain networks. This Special Issue welcomes original research articles and comprehensive reviews that examine how specific nutritional components affect neuronal function and brain health. We encourage submissions exploring topics such as feeding patterns, metabolic regulation, and the roles of bioactive molecules across different stages of the lifespan.

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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