

## Special Issue

# Food as Medicine for Brain and Other Tissues

### Message from the Guest Editors

Food to treat and prevent disease has been practiced for millennia in most of the world's cultures. Many versions of the ketogenic diet designed to prevent and treat seizures and symptoms other than seizures have been published with the assumed mechanism of supplying ketones as an alternate fuel for glucose. The current literature documents many metabolic functions of ketone bodies in addition to being a fuel source. Thus, the mechanism of ketogenic therapy is much more than the supply of an alternate fuel. As with other nutrients, the use of a nutrient in food as medicine has led some investigators to use direct administration of the ketone body nutrient as a chemical drug. Brain tissue is very sensitive to nutrient availability from in utero throughout the lifespan. Brain tissue is also very sensitive to the metabolic products of other tissues comprising the body's metabolic web. Papers documenting the role of food intake on the efficacy of other currently used medical therapies and the role of food intake on the metabolism of organs throughout the body that affect brain function are welcome.

### Guest Editors

Dr. Peggy R. Borum

Department of Food Science and Nutrition, University of Florida,  
Gainesville, FL 32611, USA

Dr. Steven Parrish Winesett

Department of Pediatrics, Division of Neurology, University of Florida,  
Gainesville, FL 32610, USA

### Deadline for manuscript submissions

15 May 2026



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/214722](https://mdpi.com/si/214722)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto: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)