

# Special Issue

## Nutrition and Cognition

### Message from the Guest Editor

Nutrition is essential at every age. Cognition consists of a variety of different functions and related brain processes, which may be differentially influenced by nutrition. Optimal nutrition may even slow cognitive decay and lower the probability of developing dementia in higher age. An important issue that should be addressed concerns the physiological mechanisms behind the impact of nutrition on cognition. On the other hand, practical issues such as school and nursing home nutrition and its possible influence on cognition should be addressed. However, nutrition is only one of numerous lifestyles that influence cognition, and proper nutrition alone is not sufficient to foster cognitive fitness. Hence the interaction of nutrition with other healthy lifestyles such as physical and cognitive activity are of high importance. In summary, the present Special Issue will include manuscripts that focus on the impact of nutrition and its combination with other lifestyles on different cognitive functions and their brain activity correlates in all ages—particularly in children, adolescents and older adults. I look forward to your contributions!

---

### Guest Editor

Prof. Dr. Michael Falkenstein  
Institute for Working Learning Ageing, 44805 Bochum, Germany

---

### Deadline for manuscript submissions

closed (25 August 2023)



# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0

CiteScore 9.1

Indexed in PubMed



[mdpi.com/si/157283](https://mdpi.com/si/157283)

*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](http://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. Lluis 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 (IUIBS), 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)