

Special Issue

The Cutting Edge in Brain Foods: Understanding How Food Components Improve Brain Function at the Molecular and System Level

Message from the Guest Editor

The normal functioning of the brain requires a variety of low molecular weight metabolites, which act directly on proteins or serve as precursors for the synthesis of various structural and functional components in the brain. Many of them are derived from the food we eat. In addition, there are cases where components in the food are transported or permeate into the brain even though they are not endogenous to the brain. It has been suggested that there are potential "brain foods" that can improve brain function and enhance brain health, but few of them have a clear scientific basis, especially the mechanism of action at the molecular level. On the other hand, with the advancement of molecular analysis technology, we can now begin to study the mechanistic relationship between dietary factors and the brain function at the molecular level using higher resolution techniques than previously.

This Special Issue welcomes manuscripts related to animal and human studies focused on how dietary and other edible factors influence brain metabolomes, microbiomes, proteomes, and transcriptomes, as well as higher brain functions.

Guest Editor

Prof. Dr. Shigeki Furuya

Laboratory of Functional Genomics and Metabolism, Graduate School of Bioresource and Bioenvironmental Sciences, Kyushu University, Fukuoka, Japan

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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

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