

Special Issue

Nutrition in Mental Health

Message from the Guest Editor

This Special Issue will welcome research and systematic reviews of the literature surrounding the impact of food and diet on the prevention and treatment of mental illness. This could include mental illness and also could include mental health and wellbeing. The focus of the research should be on using individual nutrients, food groups or broad dietary strategies in the prevention, treatment or management of mental health including anxiety and stress. This Special Issue will prioritise research focusing on nutrients, whole foods and diet rather than bioactive substances, non-nutritive supplements/approaches and complimentary medicine.

Guest Editor

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Deadline for manuscript submissions

closed (15 January 2017)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/6882

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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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