

Special Issue

Nutrition and the Function of the Central Nervous System

Message from the Guest Editor

This Special Issue of *Nutrients* is focused on the role of nutrition in the development and maintenance of the central nervous system (CNS, primarily retina and brain). This focus encompasses both nutritional effects on normal function and the prevention and treatment of CNS disease. The critical role of diet in most bodily systems (such as the cardiovascular or skeletal system) and in the prevention of disease (e.g., metabolic conditions, such as acquired diabetes) is largely accepted as an axiom. It is only relatively recently, however, that researchers, particularly neuroscientists, began to focus on how diet influences the very organ system that is at the center of our self, the brain. The retina is the most metabolically active tissue in the body and is impacted early by metabolic diseases such as diabetes. The brain is some 2% of our mass but about 20–25% of inspired oxygen is delivered to this highly vascularized fatty (some 60% by volume) tissue. The CNS is not simply influenced by diet, it is built from, maintained, and preserved by diet. This premise is explored in this Special Issue.

Guest Editor

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Deadline for manuscript submissions

closed (15 February 2018)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/10686

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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.

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