

Special Issue

Nutrition, Brain and Cognition

Message from the Guest Editor

Mediterranean diet and dietary approaches to prevent hypertension may have significant neuroprotective benefits. In the same line, dietary polyphenols, particularly wine polyphenols, act on oral and gut microbiota composition and function and are considered promising strategy to prevent or slow down AD progression. Unhealthy nutrition impacts on gut microbiota, influencing its composition and resulting in predisposition to neurodegenerative diseases, given the recently discovered importance of the “gut-brain” axis. By contrast, a healthy diet for the middle aged, composed of probiotics, prebiotics, and polyphenols, can prevent neurodegenerative diseases. Very recent contributions also pointed to the role of calorie restriction on metainflammation, insulin resistance and, ultimately, spreading of AD lesions.

This Special Issue is to publish updated and cutting-edge scientific findings on specific nutrients and foods, and dietary patterns that are relevant for primary, secondary, or tertiary prevention of age-related cognitive impairment, dementia, and Alzheimer’s disease.

Guest Editor

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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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