

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

Prof. Dr. Panteleimon Giannakopoulos

Department of Psychiatry, Faculty of Medicine, University of Geneva,
1205 Genève, Switzerland

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

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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.

Editors-in-Chief

Prof. Dr. Lluís 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 (UIBS), 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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