

Special Issue

New Insights into Nutrition and Brain Health

Message from the Guest Editor

Many of the diseases that affect brain health are progressive, with incidences and prevalence increasing with age. Therefore, sustained lifestyle factors have a profound impact on them, and there is increasing evidence that people can reduce cognitive decline or improve brain health by adopting healthy habits. Research over the past few years has provided increasing evidence for the influence of nutrition on brain health. In this Special Issue, we aim to provide new insights into nutrition and brain health at the epidemiological, clinical and translational levels to better elucidate the role of nutrition in the brain and the mechanisms underlying its effects. We welcome different types of submissions including original research articles, systematic reviews and meta-analyses.

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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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