

Special Issue

Nutrition in Brain, Cognitive and Psychological Health

Message from the Guest Editors

Diet can be viewed as an important element that shapes human cognition, emotions, mood and wellbeing. Poor diet is a lifestyle risk factor for mental disorders or cognitive decline with age. On the other hand, there is increasing recognition that adhering to a well-balanced, Mediterranean-type diet might be a protective factor against various mental conditions, e.g., depression or cognitive aging. The anti-inflammatory properties of specific food types, including pre- and probiotics, and so-called psychobiotics, are considered to act as a potential protective mechanism. Other dietary components (e.g., sugar) have been shown to be harmful to the brain and cognition, by promoting the growth of pro-inflammatory bacteria. This Special Issue of *Nutrients* aims to cover the topic of the influence of nutrition and diet on, broadly defined, mental health. The expected contributions may be in the form of either review or experimental research, based on the influence of nutrition on the structure and functions of the brain, including cognition and emotions.

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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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