



Nutrition and Cognition in Health and Disease

Guest Editors:

Prof. Mara Dierssen

IMIM-Hospital del Mar Medical Research Institute, E-08003 Barcelona, Spain; University Pompeu Fabra (CEXS-UPF), E-08003 Barcelona, Spain; Center for Genomic Regulation (CRG), E-08003 Barcelona, Spain; CIBER of Rare Diseases (CIBERER), E-08003 Barcelona, Spain; The Barcelona Institute of Science and Technology, E-08003 Barcelona, Spain

Prof. Rafael de la Torre

Cardiovascular Risk and Nutrition Research Group, Hospital del Mar Medical Research Institute (IMIM), Dr. Aiguader 88, 08003 Barcelona, Spain

Deadline for manuscript submissions:

closed (30 April 2022)

Message from the Guest Editors

Dear Colleagues,

Nutrition is an important factor can modify cognitive development, functioning and age-associated cognitive impairment and dementia. Some evidence exists of an association between certain nutrients (flavonoids, vitamin D, or certain lipids) or food groups (seafood, vegetables, or fruits) and cognitive outcomes. This evidence is somehow stronger for healthy diets, such as the Mediterranean-type diet, possibly because of their cumulative beneficial effects.

This special issue will include evidence-based studies and reviews of cognitive effects of specific bioactive nutrients and nutritional and/or dietary interventions that might hold some promise for the prevention of cognitive impairment and dementia. It will also welcome studies addressing possible mechanisms of action, including but not limited to interactions of the digestive, immune, and nervous systems, diet-induced gut dysbiosis or others such as metabolic mechanisms and neuroinflammation.

Prof. Mara Dierssen

Prof. Rafael de la Torre

Guest Editors





an Open Access Journal by MDPI

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 (IUIBS), 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

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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.

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI