



nutrients



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Nutrition and Cognition

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Message from the Guest Editor

Dear Colleagues,

Nutrition is essential at every age. Cognition consists of a variety of different functions and related brain processes, which may be differentially influenced by nutrition. Optimal nutrition may even slow cognitive decay and lower the probability of developing dementia in higher age. An important issue that should be addressed concerns the physiological mechanisms behind the impact of nutrition on cognition. On the other hand, practical issues such as school and nursing home nutrition and its possible influence on cognition should be addressed. However, nutrition is only one of numerous lifestyles that influence cognition, and proper nutrition alone is not sufficient to foster cognitive fitness. Hence the interaction of nutrition with other healthy lifestyles such as physical and cognitive activity are of high importance.

In summary, the present Special Issue will include manuscripts that focus on the impact of nutrition and its combination with other lifestyles on different cognitive functions and their brain activity correlates in all ages—particularly in children, adolescents and older adults. I look forward to your contributions!



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Special *Issue*



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