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## Nutrition in Mental Health

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Deadline for manuscript  
submissions:

**closed (15 January 2017)**

### Message from the Guest Editor

Dear Colleagues,

This Special Issue will welcome research and systematic reviews of the literature surrounding the impact of food and diet on the prevention and treatment of mental illness. This could include mental illness and also could include mental health and wellbeing. The focus of the research should be on using individual nutrients, food groups or broad dietary strategies in the prevention, treatment or management of mental health including anxiety and stress. This Special Issue will prioritise research focusing on nutrients, whole foods and diet rather than bioactive substances, non-nutritive supplements/approaches and complimentary medicine.

Dr. Lesley MacDonald-Wicks

*Guest Editor*



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