



nutrients



an Open Access Journal by MDPI

Nutrition in Brain, Cognitive and Psychological Health

Guest Editors:

Dr. Aneta Brzezicka

SWPS Institute of Psychology,
University of Social Sciences and
Humanities, 03-815 Warsaw,
Poland

Dr. Dorota Zielińska

Institute of Human Nutrition
Sciences, Warsaw University of
Life Sciences-SGGW, Warsaw,
Poland

Deadline for manuscript
submissions:

closed (28 October 2022)

Message from the Guest Editors

Dear Colleagues,

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.

Dr. Aneta Brzezicka

Dr. Dorota Zielińska

Guest Editors



mdpi.com/si/112789

Special Issue



nutrients



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 & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

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, St. Alban-Anlage 66
4052 Basel, Switzerland

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

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://twitter.com/Nutrients_MDPI)