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Pathways Linking Nutrition with Cognitive and Mental Health

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Message from the Guest Editors

Dear Colleagues,

In older adults, certain dietary patterns, nutrition, and malnutrition all play an important role in maintaining positive cognitive and emotional well-being. Certain diets are associated with better cognitive outcomes in adults, as well as improved mental health and well-being.

This Special Issue aims to cover recent advances in this field, with a particular interest in elucidating pathways and mechanisms linking nutrition with cognitive and/or mental health outcomes in adults.

We are specifically soliciting research that utilizes cutting-edge analytical models, clinical trials, statistical algorithms, and experimental tools and technologies that aim to address this timely and important area of research and advance our understanding of the role of dietary and nutritional elements in cognitive and mental health in adults.

We welcome original research, reviews, or perspective articles providing novel insights into the pathways through which nutrition and dietary factors are associated with cognition and mental health in aging adults.



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Special Issue



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