



nutrients



an Open Access Journal by MDPI

Nutrients and Brain across the Lifespan

Guest Editors:

Dr. Paolo Brambilla

Department of Medical-Surgical
Physiopathology and
Transplantation, University of
Milan, 20122 Milan, Italy

Prof. Dr. Carlo Agostoni

Department of Clinical Sciences
and Community Health (DISCO),
University of Milan, 20122 Milan,
Italy

Deadline for manuscript
submissions:

closed (31 March 2020)

Message from the Guest Editors

Dear Colleagues,

Diet exerts a crucial role in shaping cognitive capacity and brain evolution. The mechanisms that are involved in the transfer of energy from foods to neurons are likely to be fundamental in the control of brain function and can affect synaptic plasticity, which could explain how metabolic disorders influence mental functions. Another important factor affecting brain functions is microbiota, which has an important role in bidirectional interactions between the gut and the central nervous system by regulating brain chemistry and influencing neuro-endocrine systems associated with stress response, anxiety, and memory function. Thus, diet is important in the pathogenesis, course, and effectiveness of wellbeing and treatment of mental disorders. The aim of this Special Issue is to identify the effects of both internal signals that are associated with feeding and micronutrients on cell metabolism, synaptic plasticity, and mental function and to publish state-of-the-art contributions discussing the roles that nutritional compounds play in the development, maintenance, and aging of the brain.

Prof. Dr. Paolo Brambilla

Prof. Dr. Carlo Agostoni

Guest Editors



mdpi.com/si/28493

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*)

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://x.com/Nutrients_MDPI)