

Special Issue

The Complex Role of Diet in the Heart-Brain Axis

Message from the Guest Editors

This Special Issue, “The Complex Role of Diet in the Heart–Brain Axis”, should shed light on the role of various nutrition aspects, from nutrients to a priori or a posteriori dietary patterns, in cardiometabolic health and the heart–brain axis. The connection between the heart and brain (central nervous system) has been known for centuries. Furthermore, the diet, including functional foods and beverages, nutraceuticals, and adherence to different dietary patterns, has shown a significant influence on both the cardiovascular and nervous systems. . It is evident that cardiometabolic and some neurological disorders share common mechanisms that involve inflammation and oxidative stress. These interventions should not only be limited to dietary patterns and specific diets, but rather to the potential use of functional foods and some nutraceuticals. In conclusion, this Special Issue should review all aspects concerning effective nutrition-related plans in this field, as well as the underlying mechanisms behind them, in order to ameliorate the primary prevention strategies of psycho-cardio-metabolic issues.

Guest Editors

Dr. Nenad Naumovski

1. Discipline of Nutrition and Dietetics, Faculty of Health, University of Canberra, Canberra 2617, ACT, Australia
2. Functional Foods and Nutrition Research (FFNR) Laboratory, University of Canberra, Ngunnawal Land 2617, Australia
3. University of Canberra Research Institute for Sport and Exercise (UCRISE), Canberra 2617, ACT, Australia
4. Discipline of Nutrition-Dietetics, Harokopio University, 17671 Athens, Greece

Dr. Matina Kouvari

1. Discipline of Nutrition and Dietetics, Faculty of Health, University of Canberra, Canberra 2617, ACT, Australia
2. Functional Foods and Nutrition Research (FFNR) Laboratory, University of Canberra, Ngunnawal Land 2617, Australia
3. Discipline of Nutrition-Dietetics, Harokopio University, 17671 Athens, Greece

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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.

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

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