

**Abstract:**

Calorie restriction has been shown to have a wide range of beneficial effects on health and longevity, although its effects on brain function are not as well known. This paper reviews the current state of research on the effects of calorie restriction on neuroplasticity, including studies examining the molecular, structural, and behavioral effects of dietary restriction in animal and human models. Overall, the evidence suggests that caloric restriction promotes neuroplasticity. However, further research is needed to fully understand the mechanisms underlying these effects and to determine the optimal duration and intensity of caloric restriction.

Key words: Caloric restriction, neuroplasticity, diet, cognition, neurogenesis, metabolism