

Joint Special Issue

Nutrition and the Ageing Brain

Message from the Guest Editors

As populations in developed countries continue to get older, age-associated decrements in mobility and cognition will become increasingly prevalent. Strategies to slow or reverse these deficits are needed in order to increase healthy ageing and reduce health care costs. Foods such as nuts, berries, and other fruits have been shown to reduce the risk of age-related cognitive impairment in model organisms and humans. However, more research is needed to further identify specific dietary components that preserve cognition and overall brain health. In addition, more work must be completed in order to identify the mechanisms of action underlying improvements in cognition and overall brain health, including studying neuroinflammation, neurovascular function, the gut-brain axis, and other related pathways.

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