



nutrients



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Dietary Patterns and Healthy Aging

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Message from the Guest Editors

Dear Colleagues,

Optimal nutrition is crucial for the health and wellbeing of older adults. Prior studies have examined the role of dietary patterns defined by adherence to a particular diet, such as the Mediterranean diet (MedDiet), “healthy” or “prudent” versus “unhealthy” or “Western” patterns, and new patterns based on foods known to promote healthy aging and/or cognition, including MIND (Mediterranean–DASH diet Intervention for Neurodegenerative Delay). Determining optimal nutrition for different stages of pregnancy and measuring nutrient intake is challenging. Across the world and within individual communities, dietary patterns have been identified and linked to various health outcomes. These patterns, rather than individual food constituents and nutrients, may have a greater influence on health. This Special Issue seeks to bring together international research on dietary patterns and nutrient intake among older adults to further our understanding of the influence of diet on aging-related outcomes.



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