



## Dietary Restriction and Lifespan

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### Message from the Guest Editor

Dear Colleagues,

Dietary restriction (DR) is one of the few natural interventions that can lead to a longer and more healthy life. DR is an umbrella term for various forms of nutritional intervention, including caloric reduction, the reduction of macronutrients, and the temporal limitation of food intake. In this Special Issue of *Nutrients*, particular attention will be paid to studies using these different forms of DR to extend the life or health span. A main focus of this Special Issue of *Nutrients* will be on human studies, but studies employing cell culture systems or informative animal models are also welcome. Furthermore, mechanistic studies addressing those signaling pathways and effector systems that are of central importance to transducing DR into a longer life or those employing potential DR mimetics will also be considered.

Prof. Dr. Thomas Roeder  
*Guest Editor*





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