

## Special Issue

# Diet and Nutrition Strategies for Age-Related Health Issues

### Message from the Guest Editors

The process of aging is defined by a gradual deterioration in the body's capacity to maintain homeostasis, largely attributed to the onset of cellular and systemic dysfunction. Although aging is influenced by a variety of factors, including genetics, research has demonstrated that dietary management, lifestyle modifications, and regular physical activity are among the most effective strategies for delaying or even preventing the onset of age-related diseases. This Special Issue will examine the potential benefits of functional foods and various dietary interventions, including calorie restriction, intermittent fasting, time-restricted eating, and fasting-mimicking diets, as well as specific dietary patterns such as the ketogenic, Mediterranean, DASH, and MIND diets, in mitigating age-related conditions. We encourage submissions that examine the interplay between diet and metabolic syndrome, cardiovascular diseases, chronic inflammation, and neurodegenerative diseases. We also invite original research and review articles, including systematic reviews, that advance our understanding of this crucial and evolving field.

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### Guest Editors

Dr. Yoo Kim

Dr. Xian Wu

Dr. Byungyong Ahn

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### Deadline for manuscript submissions

25 December 2025



## Nutrients

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## About the Journal

### Message from the Editorial Board

*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.

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### Editors-in-Chief

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