

Special Issue

Advances in Healthy Longevity: Targeting Functional Food Components, Aging Biomarkers and Chronic Disease Risk

Message from the Guest Editors

In recent years, the concept of “healthy longevity” has received widespread attention because it focuses both on increasing an individual’s overall life expectancy or longevity and on extending life without serious chronic diseases or on “healthspan”. The U.S. National Academy of Medicine defines healthspan as “good health, close to biological lifespan, with physical, cognitive, and social functioning, and the ability to achieve well-being”.

This Special Issue aims to advance the role of biomarkers in geriatric nutrition. Potential areas include the following: - The effects of food components on metabolism and biological markers of aging adults.

- Associations between nutritional biomarkers and biological aging.
- Exploring potential mechanisms by which functional nutrients may prevent age-related diseases, using biomarkers as a lens.
- Geriatric nutritional intervention studies utilizing biomarkers to assess effectiveness.
- Identification of novel aging biomarkers from omics technologies and their association with nutrition.

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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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