

Special Issue

The Role of Healthy Diet and Lifestyles in Old Age

Message from the Guest Editors

Centenarians are being studied as models of healthy aging to help researchers understand the determinants of excess health span and longevity with functionality. Research studies have shown that diet and lifestyle can both affect health. Diet, physical activity, and exercise have a positive effect on physical, social, cognitive, and psychological status at any stage of life, promoting longevity with functionality. In addition, sleeping pattern, positive mental attitude, engaging in cognitive stimulating activities, and avoidance of risk behaviours, such as smoking and excessive alcohol intake, have similar positive effects on longevity. Therefore, research on an active and healthy lifestyle is important. This Special Issue is interested in aging-related studies on dietary intake, nutrition, physical activity, exercise, physical fitness, mental health, quality of life or related issues. This Special Issue specifically aims to receive research that helps to better understand the connections of healthy diet, physical activity, health behaviours, and lifestyle with the promotion of longevity with functionality, especially among centenarians.

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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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