

Special Issue

Interdependence of Nutrition, Lifestyle, and Eye Health

Message from the Guest Editor

Eye diseases are globally on the rise, leading to significant impacts on our quality of life. Considering the expensive treatments available for prevalent and serious eye conditions, using natural compounds found in our daily diet to treat these diseases or prevent refractive errors could be a highly beneficial approach. Therefore, our goal was to explore the connection between lifestyle modification and the risk of more common eye diseases. There is strong evidence that nutrition has a great impact on eye diseases such as dry eye disease, myopia, glaucoma, cataract, age-related macular degeneration, thyroid eye disease, uveitis, retinal vessel changes and occlusions or diabetic retinopathy. Moreover, the link between obesity and eye health is well-established. By adopting a holistic approach that integrates proper nutrition and a healthy lifestyle, individuals can significantly reduce the risk of eye-related diseases and maintain optimal eye health throughout their lives, which also reduces the need for pharmacological treatment.

Guest Editor

Prof. Dr. Malgorzata Mrugacz

Department of Ophthalmology and Eye Rehabilitation, Medical University of Białystok, Kilinskiego 1, 15-089 Białystok, Poland

Deadline for manuscript submissions

closed (25 April 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/215499

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)