

Special Issue

Effects of Diet and Nutrition on Aging and Age-Related Disorders

Message from the Guest Editor

This past decade has seen an increase in aging research. Aging is defined as a time-dependent functional decline and is a risk factor for several conditions in older people, including cardiovascular diseases, diabetes mellitus, neurodegenerative diseases, sarcopenia, osteoporosis, cataract, and chronic obstructive pulmonary disease. On the other hand, successful aging in the absence of disease and disability while maintaining high cognitive and physical functioning is possible through the adoption of healthy lifestyles. To date, twelve molecular, cellular, and systematic hallmarks of aging have been proposed, and these hallmarks provide a basis for anti-aging intervention. Nutrition and diet have emerged as major modifiable factors that modulate the aging process. Identifying dietary factors and individual components will aid in the promotion of healthy aging and prevent or delay age-related diseases through healthy eating. This Special Issue welcomes research or review papers looking at the effects of nutrition and diet on aging and age-related pathologies.

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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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