

Special Issue

Diet, Nutrition, and Physical Activity: Their Influence on Alzheimer's Disease

Message from the Guest Editor

Diet, nutrition, and physical activity are interconnected lifestyle factors that significantly influence brain health and may affect the risk of developing Alzheimer's disease (AD). Research suggests that certain dietary patterns, like the Mediterranean and MIND diets, may be protective against AD. These diets emphasize fruits, vegetables, whole grains, legumes, nuts, and fish, while limiting red meat, processed foods, and added sugars. They are rich in antioxidants, omega-3 fatty acids, and other nutrients that support brain health. Studies have shown that people who adhere to these diets tend to have better cognitive function and a lower risk of AD compared to those who do not. Similarly, regular exercise has been shown to improve cognitive function, reduce the risk of cognitive decline, and may even delay the onset of AD. Physical activity promotes blood flow to the brain, enhances neuroplasticity, and reduces vascular risk factors. Combining a healthy diet with regular physical activity may have a synergistic effect on brain health, providing greater protection against AD than either factor alone.

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Deadline for manuscript submissions

15 November 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/223343

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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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